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Welcome back to campus everyone! I have thoroughly enjoyed meeting new students from all schools and running into old friends the last few weeks. ASB was busy over the summer coordinating several activities for the first month of school. I want to thank everyone who attended the Interprofessional Campus Welcome Luncheon, the Back-To-School Party, and those who donated blood at the ASB blood drive! I especially want to thank the ASB officers who helped coordinate these activities – Logan Ramsey, Price Sessums, and Kori Daniels. They did a great job! If you had a good time at the Back-to-School party, mark your calendar for the Halloween Party, which will take place Friday, October 14 at Hal and Mal's featuring music by 2 Hipnotic.

With summer nights getting shorter, and students staying on campus longer to study or finish projects, I think it is important to remind everyone to take all necessary precautions to stay safe. The brave men and women of our UMMC Campus Police are here to serve and protect you, and they do a terrific job! If you need an escort while walking to your car late at night, help changing a flat tire, or need to jump your car battery, please contact the UMMC Police. I have listed important phone numbers below. Please take a few minutes to store these numbers in your phone:

- Emergency: 9-1-1
- Non-Emergency: 601-815-3072
- Chief of Police: 601-984-1363

The first ASB meeting of the year will take place on September 6 at 5:30pm in the ASB Suites in the Student Union. If you have ideas or want ASB to address an issue on campus, we want to hear about it! Please contact your elected ASB representatives, or send me an email (bn-banks@umc.edu). We are here to represent and serve you!

Please take time to follow us on Instagram and Twitter (@ummc_asb) and like our Facebook page (UMMC Associated Student Body). We appreciate all the likes, hearts, and retweets we can get!

Study hard, but take time for fun. We look forward to seeing you at future ASB activities!

STUDENT COUNSELING AND WELLNESS CENTER OPENS

The Department of Psychiatry and Human Behavior has opened UMMC’s first Student Counseling and Wellness Center (SCWC) and started seeing students on August 12, 2016. The SCWC was established as the result of a collaboration between the Vice Chancellor’s Office and the Department of Psychiatry and Human Behavior. The SCWC offers free, confidential services to all current UMMC students to promote mental health and wellness. The SCWC supports the mission of UMMC by providing care and support to UMMC students to reduce emotional distress and increase positive and healthy coping behaviors to achieve academic and personal success. The SCWC seeks to enhance the emotional, academic, and interpersonal functioning of UMMC students in order to prepare them for their professional careers in healthcare.

The founding co-directors of SCWC are Danny Burgess, Ph.D. and Philip Merideth, M.D., J.D. Dr. Burgess earned his Masters and Ph.D. degrees at Auburn University in clinical psychology and completed both his internship and a postdoctoral fellowship at the University of Wisconsin. He has an emphasis in health psychology and is also the Director of the Center for Integrative Health at UMMC. Dr. Merideth attended medical school and psychiatric residency at UMMC and completed fellowships in Child and Adolescent Psychiatry at Yale University and in Forensic Psychiatry at Case Western Reserve University. Dr. Merideth is board certified in adult, child, and forensic psychiatry and is also the new Director of the Division of Child Psychiatry.

The SCWC is located on the 8th floor of UMMC in the Department of Psychiatry and Human Behavior. All services are available to current UMMC students by appointment only. The SCWC does not accept walk-ins and is not a crisis/emergency clinic.

Appointments can be scheduled by calling 601-815-1136 or by stopping by the SCWC (H-850A). Hours of operation are Mondays, Tuesdays, and Thursdays from 1 PM to 5 PM and Wednesdays and Fridays from 8 AM to 12 PM. Calls to schedule an appointment can be made at any time during normal business hours. For more information, go to www.umc.edu/scwc.
Can You Spot It?
Be the first one to find the hidden camera in the magazine and email Maggie Wester to claim your prize. Good Luck!

Try your luck at this movie-inspired crossword puzzle!

Answers found on page 19

Across
1. A strategy game Forrest is skilled at.
2. This kind of business made Forrest rich.
3. Forrest's friend who has no legs.
4. This is where Forrest is sent after playing football.
5. The sport that Forrest plays in University.
6. This is where Forrest meets Dan.
7. Forrest's home state.
8. Forrest runs for this position but loses.
9. The planet Forrest travels to.

Down
1. The country Forrest travels to, to play ping-pong.
2. Forrest's friend who he met at University and got killed in the war.
3. Forrest was awarded a Congressional ________ of Honor after his time in the war.
4. Jenny's position in her band.
5. Life is like a box of ________.
6. This is who Forrest is in love with.

Medical Student Family Alliance (MSFA) is an organization made up of UMMC medical students and their significant others that come together to support each other, medical students, and the local community.

Medical school can cause additional challenges in relationships, but it is completely doable. MSFA allows for couples and their children to come together and hang out with others going through the same thing. MSFA tries to hold events at least once a month that include date nights, cook outs, or game nights. We also host speakers that discuss topics such as —how to prepare for residency, the matching process, and financial planning.

MSFA provides opportunities for members (students and significant others) to talk to people in different classes to get advice about what the future holds. MSFA is also a great way for significant others to meet individuals in very similar situations that can relate to what he or she is going through.

One of our most popular events is Spooky U which is held in October. It is a Halloween Trunk or Treat festival open to all UMMC students, residents, employees, and their families. During this event we sponsor an organization to help give back to the community. Last year we raised over $1600 for our sponsored organization, The Mustard Seed.

We don't only give back to the community, we also give back to the medical students. We provide monthly "happies" in M1 and M2 mailboxes as a way to keep encouraging them and reminding them that they are not alone on this journey. We also provide breakfast before many M3 Board Exams.

Our membership is open to all UMMC medical students and their significant others. Membership dues are $10 per couple. Please feel free to stop by and talk to us on Family Day.

If you or your significant other would like to receive more information about MSFA please email us at UMMC.MSFA@gmail.com.
Mapping our footprint of service and impact for a healthier Mississippi

Last November the Office for Community Engagement at UMMC began its work documenting the involvement of faculty, staff, and students in our community efforts to fulfill our mission of a healthier Mississippi.

In March UMMC launched the use of the GiveGab platform for the promotion and documentation of service activities related to the achievement of our mission. Students can utilize the platform to view potential service activities, to sign up for activities, and to log their hours for their school and UMMC. Last year with less than 25% enrollment, UMMC as a whole, logged nearly 9,000 hours of service valued at more than two hundred thousand dollars for our communities! As this map demonstrates, these activities spanned 31 counties of our state and beyond.

Our goal this year is to increase our active enrollment by thirty percent. You can help us by activating your account within your school: go to www.givegab.com and create your account using your UMC email address (this is how you will be enrolled in your school page in GiveGab). The Office for Community Engagement and Service Learning has a technical support video available for your review to demonstrate how to use the platform to sign up for an activity, log your hours, and even print a service resume https://www.umc.edu/ocesl-givegab/. Park your involvement.

If you would like to make suggestions for service activities or would like to create a page to track your organization’s service, talk with your philanthropy chair or contact Ms. Dempsey at tdempsey@umc.edu. Thank you for the integral part your service plays in the fulfillment of our mission contributing to a healthier Mississippi. Your efforts help to multiply our outreach! 2016-2017 will be an even greater year with your involvement.

GiveGab: A Healthier Mississippi

As you can probably guess from the title, this week’s food review is on Thai food, specifically Thai Tasty. (But let’s be clear, the “roll” in the title is in reference to their spring roll, not the indigenous red elephant surfing in the coastal town of Tuscaloosa.) So let’s begin.

Spring rolls. Before we dive into how this appetizer taste, let’s do a little Asian education. There are 3 fairly common types of rolls that you frequently encounter in Asian restaurants: spring rolls, egg rolls, and rice paper rolls. Spring roll is the literal translation of dish’s Chinese name, has a thin, crispy skin, pan-fried, and typically filled with veggies. Whereas egg roll is like a fortune cookie, 100% American and no one in China knows about it (it also has a much thicker skin, deep fried, and filled with meat in addition to the veggies). Rice paper roll is a completely separate entity in that it’s a Vietnamese dish with a clear steamed wrapper, filled with veggies and meat. The kind Thai Tasty serves is spring roll and as far as spring rolls go, its pretty average: I give it 3 out 6.

Pad Thai. Bruh, you gotta try this. This is by far their most popular dish, and rightfully so. You know that scene in Green Lantern where Ryan Reynolds finally accepts the responsibilities of a hero and unleashes all his powers on fighting the villain in order to save the Earth? Well this is nothing like that because that movie was awful and this dish is amazing. Their pad thai has just the right amount of veggie-to-meat-to-noodle ratio with just the right amount of seasoning and crunch from the peanuts on top. I would say its hands down the best pad thai in Jackson. I highly recommend it, a solid 12.8 out of 14.3.

Panang. Like a lot of things in life, this is just another item I have no idea how to pronounce. Pa-naang, pa-naing, pan-aan? Doesn’t matter, its delicious so I’ll just point to it on the menu with like. Not the I’m-just-gonna-lay-down-for-a-bit nap or it’s-a-rainy-day nap. I’m talking about the and-you’re-confused-and-have-no-idea-where-you-are-and-you-freak-out-a-little-bit-because-you-think-it’s-the-next-morning-and-you’ve-missed-your-class-but-it’s-still-nighttime-and-you-forgot-your-name-and-what-language-you-speak kind of nap. This dish is sweet and savory, but also spicy. It has veggies in it but also meat. It has the taste of a creamy soup but the consistency of a light broth. From a scale of Simone Biles to Michael Phelps, I give it a Usain Bolt, that’s how good and equally confusing it is.

In conclusion, Thai Tasty is like the secret stash of junk food your mom hid from you when you were a kid. Everyone knows it exists but it’s tucked away in a place that not everyone knows about. And when you finally find it, you’ll realize it’s the best thing ever and you can’t wait until you get your next fix. Plus this place is pretty inexpensive. So overall, all I give it a grade of Zootopia.

Until next time, The Asian Sensation
At the Tabernacle

I was lost, heavy with all life’s shame to ponder,
So into the sanctuary I did wander.
Without any words, my heart confessed
Before the golden ornate chest
At which, in kneeling, I dare not stare,
Yet I found Him there.
I found Him there.

I was broken, wounded by all my sin,
Too unworthy to let Him in.
How could I meet the Holy One
With all the wrongs that I have done,
With all the times I did not care?
Yet I found Him there.
I found Him there.

I was overwhelmed, my heart afire with Love
That not only comes from the Lord above,
But also from His divine presence,
Hidden within the hostly essence.
How could He, with me, His mercy share?
I found Him there.
I found Him there.

I was so moved, my eyes began a’weeping,
And all the while my soul was leaping,
To be blessed with such undeserved grace
To bow at His holy feet, behold His holy face,
And engage in reverent prayer.
I found Him there.
I found Him there.

I was captivated, embraced by all His being
Which freed my mind of all thoughts of fleeing
From His touch, from His cross,
From the despair of sin, from the fear of loss,
And from all the pain I alone could not bear.
He found me there.
He found me there.

Edgar R. Meyer
Second-year Graduate Student
PhD program in Clinical Anatomy

Please join us at our Catholic Students Association meetings at 5:30 p.m. every Monday, except holidays, in room 107 of the Classroom Wing.
All faiths are welcome! Please come and share your faith with us!

The Gold Humanism Honor Society (GHHS) is a program of the Arnold P. Gold Foundation established to recognize medical students, residents, and faculty who are exemplars of humanistic patient care and who can serve as role models, mentors, and leaders in medicine. The power of the Society lies in bringing together like-minded individuals to sustain their own humanism and to inspire and nurture humanism in others. The GHHS honors medical students, residents, fellows, and role-model physician teachers who demonstrate excellence in humanistic clinical care, leadership, compassion, and dedication to service.

Inspiration for GHHS began in the late 1990s when medical educators and residency program directors expressed the need for a way to identify applicants to residency training programs who had outstanding clinical and interpersonal skills. Thanks to a series of grants from the Robert Wood Johnson Foundation, deans, medical educators, and experts in assessment convened to explore the viability of an honor society to promote humanistic values and behaviors. Since its inception, GHHS has grown in stature and influence to become a vital part of medical school and residency training program cultures throughout the United States. The society currently has over 25,000 members in training and in practice.

Each year, rising M4 students are selected for inclusion in GHHS with input from their peers, clinical clerkship faculty and staff, and faculty and staff from the administrative offices. Six residents are also recognized each year for the Excellence in Teaching Award. The residents selected for the 2015-2016 year are Dr. Chance Davis (Family Medicine), Dr. Savannah Duckworth (Internal Medicine), Dr. Ashley Griffin (Surgery), Dr. Ashley Johnson (Ob/Gyn), Dr. John Rushing (Ob/Gyn), and Dr. Diana Tate (Pediatrics). A webpage with more information about current members is being developed and will be available shortly.

On campus our chapter is very active and hosts two very important events each year: the White Coat Ceremony for entering first-year medical students and also the Student Clinician Ceremony for the rising M3 students prior to the start of clinical duties. The students elected also have the privilege of promoting humanism through activities and events for the School of Medicine and the entire medical center campus. Current projects include:

• M3/M4 Mentorship Program: M3s are paired with current M4 members to discuss clinical life in medical school
• Dark, Stepping Into the Light: Discussion of humanistic qualities in medicine and experiences of inappropriate/unprofessional behavior; date to be announced
• Patient Photo Shoot: Inspired by colleagues at another GHHS chapter, we are working on a way to focus on the patient as a whole beyond their medical problems by having a photo shoot centered around the patients

For more information about GHHS, visit http://www.gold-foundation.org/ghhs/.
Dear Program Director,

My name is Jeremiah Johnson, and I am writing to recommend Ralph Stevens for a residency position at your hospital. I worked with Ralph as his attending when he rotated through the general surgery service as an M3, and then I worked with him once again for one month earlier this year on the general surgery service. During that time, I have found him to be an intriguing person. What I mean by that is he's strange, rude, and smelly; but he always makes up for it with an amazing generosity that is hard to understand.

One of the first things you will notice about Ralph when you see him is that he does not brush his hair or his teeth. He has a distinctive odor about him similar to that of burning sulfur. He is missing his front two teeth on the top and the bottom, and he has a long beard that hangs down to his navel and has not been combed since the beginning of medical school. Ralph also likes to snort loudly every 30 seconds or so, which has a way of bothering you a little bit during the course of a 7-hour operation.

On his first day in the OR during his M3 year, Ralph took the scalpel out of my hand on our first case and began barking like a dog and swinging his arms wildly in the air. With a wild stare from eyes that were fully dilated, he then started laughing like a hyena and threw the retractor at the anesthesiologist. This sort of behavior is just a tad out of the ordinary, but after hours of persuasion by Ralph's attorney and a money clip full of $100 bills, we decided to let him remain on the service. Over the course of the next two weeks, Ralph's behavior remained unusual. When we rounded on our patients, Ralph liked to hop on one leg down the hall while holding both his arms out as if they were wings.

While presenting patients, he would yell the word, "Gracious!" very loudly every six words. It went something like this: "This is a 75-year-old, Gracious!, white female with a history of, Gracious!, hypertension, diabetes, hypercholesterolemia, gout, and chronic, Gracious!, kidney disease..." We all thought it was a little strange, but any thoughts of kicking him off the team at that point were immediately dismissed when he purchased a gold Rolex and a 2-karat diamond at the local jewelry store for everyone on the team.

Perhaps the most memorable moment of my interaction with Ralph came earlier this year during his acting in medical school. Ralph also likes to snort loudly every 30 seconds or so, which has a way of bothering you a little bit during the course of a 7-hour operation.

Before closing, I would be remiss not to talk about Ralph's work ethic. Several of my colleagues have reported seeing him hanging around just outside the emergency department, even on nights when he is not taking call with a team. They say that the way he relates to the patients is truly uncanny, particularly those who seem to be in such a stupor that they are practically incapable of talking. He is often seen shaking hands with a very personal and long-held grip, almost as if something is being exchanged from hand to hand. I guess Ralph just has that kind of desire to change the lives of patients and that special personal touch, perhaps from his own difficult health experiences that include frequent runs of ventricular tachycardia requiring defibrillator shocks as well as occasional complete loss of bladder control for no apparent reason. It is for that reason that despite his bizarre behavior, his total inattention to personal hygiene, and the fact that he has been caught stealing cash from the register in the cafeteria, the gift shop, and the bookstore, I give him my whole-hearted endorsement for any position in the hospital.

Sincerely,

Jeremiah Johnson
Chair, Department of Surgery
Inner City Detroit Hospital
Several students from the School of Medicine participated as student delegates in this year’s state medical association house of delegates convention. Students voted on resolutions and candidates to serve for the 2016-2017 year, networked with physicians from all over the state, sat in on a panel discussion with the medical board of licensure, and even attended the President’s Inaugural Gala as the new MSMA President, Dr. Voulters, was sworn in.

Also, several students were recognized by the MSMA as STAT Scholars (Student Advocacy Training) to recognize the achievements of medical students who are involved in advocacy-related activities supporting organized medicine through the association. This year’s STAT Scholars:

Brock Banks (M4), Neal Boone (M4), Josh Norman (M4), Vy Mai (M3), and Avni Patel (M2)

The School of Nursing is proud to introduce the new 2016-2017 Ambassadors. The SON Ambassadors are Senior Traditional BSN academically talented students who are selected to participate in a variety of SON community service activities that foster personal and professional development, communication and peer mentoring skills. The Ambassadors work directly with the Office of Student Affairs, and are highly involved in recruitment for the school. Students who are selected as Ambassadors must have a qualifying 3.5 GPA and maintain a 3.0 during the year that they serve. Each student will contribute a total of 28 hours of service to the SON for the 2016-2017 academic year. Farrah Banks, Director of Student Affairs, serves as the Course Coordinator.

On August 19, 2016, SNMA hosted a Voter Registration Booth at UMMC. On a national level, SNMA is part of Citizen Physicians.

The weekend of October 7-9, 2016, the UMMC chapter of SNMA will be hosting the Region 3 Medical Education Conference (RMEC), which consists of pre-medical and medical students from Arkansas, Colorado, Louisiana, Mississippi, New Mexico, Oklahoma, and Texas. Interested pre-medical and medical students can register at: http://www.snma.org/index.php?pID=120
Tyler Nunnery (Dental Student), Nneamaka Ezekwe, Esosa Adah, Tameka Carmichael, Michelle Wheeler, Richelle Jefferson, Morgyn Davis, Savannah Stockton (medical students), and Suman Ali (Pharmacy student) were selected as REAL Change Fellows for the 2016-2017 year with RESULTS. RESULTS is a movement of passionate, committed everyday people. Together we use our voices to influence political decisions that will bring an end to poverty. Volunteers receive training, support, and inspiration to become skilled advocates. In time, volunteers learn to effectively advise policy makers, guiding them towards decisions that improve access to education, health, and economic opportunity. Backed by the in-depth research and legislative expertise of staff, RESULTS advocates realize the incredible power they possess to use their voices to change the world. As REAL Change Fellows we:

- Receive training and support over 12 months to become a powerful advocate for the end of poverty.
- Learn how to lobby members of Congress on everything from tax policies that can lift millions of low-in come Americans out of poverty to global health initiatives like the Global Fund to Fight AIDS, Tuberculosis and Malaria.
- Become skilled organizers who mobilizes our community to fight poverty.
- Write pieces that get published in the media.
- Are starting our own RESULTS chapter here in Jackson. (We've already had our first meeting.)
- Attend the RESULTS International Conference On The Hill in Washington D.C. This summer we had face-to-face meetings with Senator Cochran and Senator Wicker to discuss several bills concerning poverty.
- Attend the REAL Change Mid-Year Training in March of 2017 to learn about RESULTS priority issues in depth, the budget process, and budget appropriations.

Also, on August 24th, we have the opportunity to host a leading tuberculosis and HIV advocate from Malawi. Thokozile Phiri is a regional leader in southern Africa, and knows firsthand the devastating impact of these diseases, having lost her father and her brother to TB and HIV. She’ll be traveling 8,000 miles to talk about these issues with leaders in the U.S. To help us cover the contents of this meeting, we successfully got one of the members from the editorial board of the Clarion Ledger to attend.

Top 10 Things to Do While You Procrastinate Studying:

1. Sleep (yeah, right)
2. Eat (a pint of Ben & Jerry’s “Half-Baked” should do the trick)
3. Talk about how much you need to be studying
4. Talk about places we’re gonna eat when we’re not studying
5. Troll Facebook, Insta, and Snapchat to see who else isn’t studying
6. Discuss who’s dating who, who’s getting married, and then spend 3 hours on Pinterest making a future wedding board to make yourself feel better about not being in either of the first two groups
7. Stop in to Ms. Virginia’s office for some of that sweet, sweet “hey, I’ve only got an hour before I have to be somewhere else, might as well get some candy” candy
8. Plan what you’re gonna wear to the Halloween party cause the nursing student dressed as a bath bomb isn’t gonna take your glory again this year
9. Netflix (only if you plan to binge-watch a whole season of a TV show)
10. Come up with an amusing list of things you could be doing while you procrastinate studying

SOP supports Interprofessionalism

School of Pharmacy

P3 Back to School Party
Thoughts of a Meandering M3-Doubt

As I was sitting and reflecting on what I should write about, the topic of doubt continued to come to the forefront of my mind. I am just coming out of a pretty stressful and stress-filled season of my life with studying for Step 1 and awaiting the results. I am thankful to the Lord above to report that I have passed and I am officially an M3! While I was studying and waiting, there were so many days and nights that I battled in my mind. I frequently thought, Lord, can I really do this? What if I'm doing all of this preparation and end up with a failing result? Night after night, my mind raced and wandered and I would find myself praying and crying until I fell asleep. Have you ever found yourself there before? Filled with so much doubt that your eyes can't even focus on the Cross? Filled with so much fear that you can't even turn your eyes upon Jesus? Well, if you're honest and like me, then we're not alone. I would like to take some time to look at some "doubters" and those who struggled with unbelief in Scripture and see how Christ dealt with them in their moments of unbelief and doubt.

In John 20, Jesus' tomb is discovered to be empty and Jesus begins to appear to many of His followers. In verse 19, Jesus appears to all of His disciples and in verse 24 the Bible makes a clear distinction that Thomas was not included among those that saw Jesus. I sat for a moment and questioned why was Thomas the latecomer? Of course, Jesus wanted to teach a lesson for those of us who struggle with unbelief but I believe it's much deeper than what we see on the surface. In verse 25, Thomas goes on to state what it would take for him to believe. He says, "If I don't see the mark of the nails in His hands, put my finger into the mark of the nails, and put my hand into His side, I will never believe!" You may think, whoa Thomas! You're being a bit too demanding! Honestly, I admire Thomas' audacity and the fact that he wanted proof that this was indeed his Lord! Later on in verses 26-27, eight days have passed since Thomas' statement and he gets a visit from his Savior. 27 Then He said to Thomas, "Put your finger here and observe My hands. Reach out your hand and put it into my side. Don't be an unbeliever, but a believer."

The next story of a man struggling with unbelief is a father whose son was tormented with a demon that was causing him physical harm. Beginning in Mark 9:14, the father approaches Jesus about his son and the spirit that is tormenting him. The father tells Jesus that he has brought his son to His disciples for them to drive the unclean spirit out but they haven't been able to do so. After Jesus interrogates the father, the father says something that makes you raise your eyebrows. In verse 22 it says, "But if You can do anything have compassion on us and help us." If we move a few verses ahead to verse 24, the father says, "I do believe! Help my unbelief." You see, this father's finite human mind could not wrap around the all-mightiness of Jesus. He recognized that he had doubts and that he was also plagued with unbelief so he asked Jesus to help him with it. Honestly, as I read through these accounts about Thomas and this father, I immediately began to judge them and shake my finger and wonder, how could they not believe? He's the Son of God! He can do ALL things and He has ALL power! Then the Holy Spirit spoke and truly convicted me. He gently reminded me, that I can say all these things in conversations, but do I truly believe them in my heart? It was in this moment that I saw how much I can relate to Thomas and this father.

As I sat longer and looked deeper, I realized that these stories are a beautiful depiction of what Christ does for us in many of our difficult situations. Jesus knew what it would take for Thomas to believe and He made it possible for Thomas to have a very real and personal encounter with Him. Thomas didn't receive any hand slappings, scolding, or reprimand…all He received was a very real and personal touch from Jesus. The dad who was battling unbelief but was desperate for his son to be healed not only had his doubt removed but he also had the opportunity to see demons flee from his son. Be encouraged that even in the midst of your doubt and unbelief that Jesus recognizes it and He can still be glorified in the midst of it!

Blessings,
Britney

About Me:
I’m an M3, a coach’s wife, and yes… I’m still meandering. I’d also love to hear from you!
Bwwilliams2@umc.edu

Graduate Student Body Back to School Party at Mayes Lake in Jackson, MS to be included in the upcoming September issue of the Murmur. Grad School students gathered for a cookout in the park, field games such as cornhole, as well as a nature hike that led to the Pearl River.

Grad Student Body booth at the Interprofessional Education event in the Student Union on Friday, September 19th. The Grad School had an Olympic Ring Toss and Spinwheel that featured different areas of job opportunities for people who earn a PhD.
Hello!

Let's talk about the Jackson Free Clinic. For all the new folks on campus, the JFC is a student-run free clinic where volunteers work hard each Saturday to provide quality healthcare for patients who could not otherwise afford to see the doctor. Also, our mission includes teaching student volunteers and promoting awareness of the ongoing needs of our patients. The past year has been an exciting time for the JFC. We've faced new challenges and found new opportunities. It's been a great year.

We've done several things that we're proud of. We've implemented an HIV screening initiative this past year, we've started offering classes taught by a registered dietitian and certified diabetes educator, and we've redoubled our efforts to find assistance programs for our patients that need services we cannot offer or afford. As an example, in the past few months we've helped over two dozen patients get appointments with optometrists at no cost. This makes a huge difference to our patients that may be diabetic or haven't seen an eye doctor in years.

This year, we're building on our momentum. In July, thanks to the generosity of staff and residents in UMC's Department of Psychiatry, we've started offering Psychiatry services to our patients. We are also starting a partnership with Physician Assistant students at Mississippi College to foster interdisciplinary learning. This year, we're encouraging everyone that will listen to sign up for Amazon Smile and the Kroger Community Rewards program. A fraction of your spending at Kroger or Amazon will automatically go to the JFC. It's free to sign up, and there are instructions on how to sign up on our Facebook page and website.

We know this upcoming year will be one with new challenges. Our patients are complex and we serve a growing population. These are patients with a patchwork of different needs and concerns, but they have an important common thread: they rely on us. We strive to meet their needs, and we're proud of the work we do, but there are still needs we cannot meet. If you think you may be able to help our patients or volunteers, we would love to hear from you.

Lastly, we would like to take this opportunity to thank all of you, both students and staff who have graciously given your time or other resources to us. Without your generosity, the JFC would not be able to continue our mission to care for patients, educate students, and promote the needs of those we serve. So on behalf of the JFC Board of Directors, thank you very much! We hope to see you soon.

Alex Dent
Student Director, Jackson Free Clinic
UMMC SOM Class of 2017

Find us on Facebook: search for Jackson Free Clinic
Find us online: www.jacksonfreeclinic.org
Simply Delicious

Gooey S’more Brownies

This spring, my husband and I visited Yosemite National Park as our vacation/babymoon. In the evenings, the lodge provided complementary graham crackers, Hershey’s chocolate bars, and marshmallows for everyone at the lodge to make their own s’mores at the campfire. I have been craving s’mores ever since! Now that my baby is here and I do not have to watch my sugar as closely anymore (thanks gestational diabetes!), I can finally make my s’mores and eat them too! I chose this recipe because it is crazy simple and delicious. Simple enough that a crazy busy mom/medical student can make them! If you love brownies and you love s’mores this is the perfect recipe for you. So, if you’re digging s’mores and you don’t have the time to go camping and make a campfire, try some s’more brownies instead!

Ingredients:
- 1 box of brownie mix (plus ingredients on package instructions)
- 4-5 graham crackers
- 4 Hershey chocolate bars
- 16 large marshmallows

Directions
1. Preheat oven to 350 degrees
2. Coat a 7x11 glass baking dish with non-stick cooking spray
3. Mix brownie mix according to package instructions
4. Pour half of the brownie batter into prepared baking dish
5. Top with graham crackers
6. Top with Hershey’s chocolate bars
7. Top with marshmallows
8. Pour remaining brownie batter on top over the marshmallows

Note:
For best results, coat glass baking dish really, really well AND place the marshmallows so there is about a 1/2-1 inch space between them and the sides of the pan. If the marshmallows get too close to the sides of the pan it’s harder to get the brownies out once baked.

Enjoy! You deserve it!
Ashton Davis, M4

How’d you do?

ACROSS
1. A strategy game Forrest is skilled at.
4. This kind of business made Forrest rich.
6. Forrest’s friend who has no legs.
7. This is where Forrest is sent after playing Football.
8. The sport that Forrest plays in University.
9. This is where Forrest meets Dan.
10. Forrest’s home state.
12. Forrest runs for this position but loses.
13. The planet Forrest travels to.

DOWN
1. The country Forrest travels to, to play ping-pong.
2. Forrest's friend who he met at University and got killed in the war.
3. Forrest was awarded a Congressional _____ of Honor after his time in the war.
4. Jenny's position in her band.
5. Life is like a box of___
11. This is who Forrest is in love with.
Houston, Miss. native Shaquille Vance thought his days of excelling at sports might be over after a 2009 sports injury forced an above-the-knee amputation of his right leg.

His athletic career began anew when Methodist Orthotics & Prosthetics custom built a hi-tech prosthetic running leg centered around a carbon-fiber blade known as a “cheetah” foot. Vance won a silver medal in the 200-meter at the 2012 Paralympic Games, and is set to compete at the 2016 Games in Rio de Janeiro.

“This has really been a blessing for me,” Vance said. “I wouldn’t be where I am right now without Methodist Rehab. They did a lot for me.”

Back at home in Mississippi, Vance’s accomplishments are inspiring others and garnering awareness for athletes with disabilities.

“I love being able to inspire the kids to know that life comes with a lot of difficult obstacles, but there is always a way to overcome,” Vance said.