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**Everybody Loves Ramen**

Ah ramen, the food of broke college students, creative hipsters, and people who go to the fridge, open it, see nothing to eat, leave, come back in 5 minutes, open it again, see nothing again, leave, come back a third time, repeat, only to finally settle on ramen as a last resort. Before we start on one of my favorite ramen spots, we should talk a little about the history of this incredibly popular food. But before we start that, I should say that the correct way of pronouncing its name is “raa men” not “ray men”.

So the history of ramen is kinda tedious and boring so I’ll just hit the highlights. Most people think of ramen as a Japanese dish but it actually has a Chinese origin (like ketchup…which literally means tomato sauce in Chinese). Ramen, or lamein, or 拉拉, means “pulled noodles” in the Chinese language. Some say it was brought over to Japan in the 17th century and some say the 20th, but either way it became widely popular. There was only one problem. Ramen noodles back in the day were fresh noodles, made from hand knead dough cut into strips. Though they tasted amazing, no one had a way to keep it fresh for long periods of time or transport across long distances. That, combined with post World War II food shortages in Japan, led to something incredible: the invention of the instant ramen noodle. In 1958, Momofuku Ando, or Go Pek Hok (Taiwanese birth name), revealed his flash-fried noodles that can be eaten anywhere. It cured cancer and he basically told everyone “suck it, losers” (may or may not be historically accurate).

So that brings us to present day ramen noodles. While in Phoenix, Arizona, I had some incredible food at a place called SoSoBa Noodles. Basically angels wept and demons pooped their pants when I stated eating. Deets below:

**Appetizers:**

- **Ball of Fire** – a spicy deep-fried mac-n-cheese ball that on a scale of “meh” to “I just crapped my pants”, it’s a “humph” + slightly-approving-smile

- **Pork and Kimchi Tostadas** – Slow braised pork with kimchi, veggies, and sauce on a crunchy shell. The “s” at the end of its name really confused me though because when the dish arrived, there was only one singular tostada. And if you know me, I don’t like foods that come in singular form. The taste of the dish was a soft 87.5 out of 102.

- **General Tso Tso Cauliflower** – flash-fried cauliflower tossed in chilis, general tso sauce, and some other stuff. This was probably my favorite dish because it was sweet, it was spicy, and it was crunchy. On a scale of Mario Chalmers to Magic Johnson, I give this dish a Chris Paul.

**Main Dish:**

- **The Mic Drop** – Pan-seared pork belly, carnitas, chicharon, ham fries, seasoned soft boiled egg, kimchi, bacon, and ramen noodles in a pork broth. If you’re a meat-atarian, this is your ramen. If you’re not a meat-atarian, you’re just doing everything wrong. If you were able to slap Chuck Norris across the face, this bowl of ramen is what he would turn into. If you out-wrestle a centaur, this is what it would serve you. If you mated a dragon with a unicorn, this is what its baby would be. This is the Michael Phelps of noodles, the golden snitch of food, the...ok, you get the idea.

*Momofuku Ando was in his 40s and essentially penniless when he invented the instant noodle. The last year that he was alive, 2007, his company alone sold ~46.3 BILLION packs of instant noodles.

**The Asian Sensation**
UMMC MSMA/AMA MSS Update

MSMA opened up their board room to medical student members for a screening of Vaxxed, the controversial anti-vaccine documentary. Special guests included Dr. Sharon Douglas, Dr. Tami Brooks, Dr. Alan Penman, David Roberts (Director of Governmental Affairs, MSMA), Kristen Lucas (Director of Marketing, MSMA), and Sid Scott (Director of Communications, MSMA). I think it was a great opportunity to see the arguments that are being used to undermine our vaccination laws, so that we can better approach our pro-vaccination movement.
MLK Day of Service. SON and SOM students partnered with Calvary Mission and worked at a house in South Jackson.

The UMMC Wilderness Medicine Interest Group was created with the goal to equip medical students at UMMC with the skills and knowledge to assist in wilderness emergency situations. The group meets several times a semester at UMMC for lunch lectures and demos, it also provides students with the opportunity to get outdoors with kayaking and hiking trips.

In November 2016, the Wilderness Medicine Group took a group of 16 medical students on a kayaking trip down the Pearl River. During the trip, third and fourth year medical students and local physician, Dr. Philip Blount, provided hands-on demonstrations. Students were invited to participate with demonstrations on topics such as: treating hypothermia, assessing cervical spine fracture, shelter building, water procurement, and how to handle many other emergent situations that might come up on wilderness trip. The Pearl River, from the Spillway to the takeout point at May’s Lake, provided 7 miles of beautiful scenery and a great place to learn.

If you are a UMMC medical student and events like this interest you like the Wilderness Medicine Interest Group on Facebook to hear about upcoming events and ways to get involved.

Hannah Miller, M2
School of Medicine
On Friday, January 20th, 2017, the Global Health Student Association (GHSA) at the UMMC School of Dentistry had their first kick-off meeting. After two months of Constitution writing and legal approval, Executive Board elections, and much planning, co-presidents Mary Catherine Reynolds (D2) and Quynh “Jolie” Nguyen (D2) saw the fruits of their labor come to fruition. Aided by Secretary Denise Cherry (D2), Treasurer Allison Dickson (D2), T-shirt Chair Evan Sobiesk (D1), Fundraising Chair Jennybeth Hendrick (D2), and Community Service Chair Alyssa Ables (D3), they presented the purpose and mission of GHSA. GHSA’s overwhelming goals are to provide students an opportunity to expand their educational experiences in the international arena, add professional and cultural diversity to dental education, and discover the need for dental and medical missions in our city, state, country, and world.

UMMC School of Dentistry students filter through the lunch line. GHSA Executive Board members prepared the Mardi Gras themed lunch of red beans and rice, chicken and sausage jambalaya, chicken spaghetti, vegetarian gumbo, and, of course, king cake!

Speakers for the GHSA kick-off event were Dr. Stuart Loos, an orthodontist originally from Sri Lanka but now practicing in Canton, Georgia, and Dr. George Mason, a general dentist in LaFayette, Georgia. Both men received their DDS degree from Emory University. Drs. Loos and Mason have been on many dental mission trips throughout their 25+ years of practicing dentistry. They shared many photos from their trip to El Salvador, a dental mission trip that stands out in their minds as one of their favorites. From making friends with all of the village people and enjoying their hospitable, home-cooked cuisine and cervesas, to treating upwards of 500 dental patients in the span of their five-day mission, the dentists shared their colorful stories and incredible experiences from this Central American mission trip. They shared the expected dental procedures – extractions, fillings, and hygiene – as well as the rare complicated cleft patients that, regrettably, could not be treated in such a small time frame. They explained the importance of researching the country and people group that a mission team will be traveling to as well as the oftentimes difficult procedure of transporting supplies to a foreign country. After answering questions about dental mission trips, Dr. Loos also spoke about his involvement in zoologic dentistry, from correcting parakeet malocclusions to extracting a gorilla’s canine after darting him. Needless to say, Dr. Loos is not your typical orthodontist. His unfiltered, off-the-cuff humor and way of telling stories captivated his audience of more than 60 dental students.
GHSA is excited to announce their upcoming Fundraising and Community Service Events. The Fundraising Event is a Valentine’s Bake Sale, scheduled for Thursday, February 16th, 2017, from 8 a.m. – 12 p.m. in the School of Medicine foyer. Items for sale will include a hot cocoa bar, hot coffee and tea, donuts, muffins, breakfast breads, cookies, brownies, king cakes, and much more!! GHSA’s Community Service Event, Rush 2 Brush 5K, 10K, and 1-mile Fun Run, is scheduled for Saturday, March 25th, 2017, beginning at 7 a.m. at the Lakeland University Wellness Center. To register for the race, go to www.raceroster.com (Jackson, MS). Official race times will be recorded by Rob Oates from SISU race timing. All proceeds from the race will benefit Pediatric Dentistry and Community and Oral Health as well as Blair E. Batson Hospital for Children. GHSA volunteers will assist members of the Student National Dental Association (SND) and Hispanic Student Dental Association (HSDA) in providing oral cancer screenings, distributing oral hygiene supplies, handing out gift bags to runners, and giving trophies to race winners. GHSA is looking forward to their upcoming meetings. In February, GHSA members will be hearing from Dr. Charles Ramsey, Clinical Assistant Professor, about his yearly pediatric mission trips to Belize, and Dean of the School of Dentistry, Dr. David A. Felton, will be speaking at the March GHSA meeting about his Alaska prosthodontic mission trips. The future of GHSA, dental missions, and the profession of dentistry is bright at UMMC School of Dentistry.

The newly formed Global Health Student Association (GHSA) at UMMC School of Dentistry is presented a $500 check from the International College of Dentists. From left to right, Tyler (pre-dental student from Georgia), Co-president Mary Catherine Reynolds (D2), Dr. George Mason, Dr. Stuart Loos, Dr. Wilhemina O’Reilly (Dean of Student Affairs), and Co-president Quynh “Jolie” Nguyen (D2).
The UMMC Chapter of SNMA would like to commemorate a few Mississippians everyone should know about, especially in commemoration of Black History Month.

- Health and Civil Rights activists H. Jack Geiger and Count Gibson: founded America’s first health centers, the Columbia Point Health Center in Dorchester, Massachusetts and the Delta Health Center in Mound Bayou, Mississippi.

- Dr. Aaron Shirley (1933-2014): First African-American resident at UMMC Residency Program (1965).

- Dr. Helen Barnes (1929-): One of the first African American Female Physicians to practice in Mississippi. After her medical training at Howard University College of Medicine in 1954, she was invited by Dr. Jack Geiger to work at Tufts-Delta Health Center in Mound Bayou, Mississippi. Barnes is a former professor of obstetrics and gynecology at the University of Mississippi Medical Center.

- Dr. Robert Smith: Picketed the AMA in 1963 for its discriminatory stance. The following year, he gave medical care to Civil Rights workers during Freedom Summer. “We’ve made some progress, but we need to make more – train more black physicians, get more minority physicians involved in addressing race, poverty, access to care, quality of life.”

- Dr. Albert Bazaar Britton, Jr. (1922-2010): first African-American physician admitted to the staff of Baptist Hospital in Jackson, Mississippi.

- Dr. Claude Brunson: First African American chief of staff at the University of Mississippi Medical Center in Jackson. Previously, he held the presidency of the Mississippi Medical and Surgical Association.

These are simply a few of the some great contributors in the world of medicine; we thank them for their service!
SNMA EVENTS

On January 13, 2017, Mauda Monger, MPH, Health Education Director of the Mississippi AIDS Education Training Center, gave a Lunch Series Presentation called “10 Facts Everyone Should Know About HIV.”

UMMC’s Chapter of SNMA invites you to join us in our next two meetings!

February 10, 2017: Dr. Scott Stringer of Otolaryngology, 12 - 1 pm in R153

March 8, 2017: MACM (Medical Assurance Company of Mississippi) Underwriting Department, MACM Claims Department, 12 - 1 pm in Classroom Wing 107

Dr. Scott Stringer and his staff joined us when we hosted the Region III Medical Education Conference (RMEC) in October, 2016. We are excited to have him back to speak to our members! He will also be speaking about opportunities for medical students with an emphasis on increasing number of minorities in this in Otolaryngology and other specialties. Everyone is welcome to join!

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JFC INVITATIONAL

Join us at the Third annual Jackson Free Clinic invitational!

On April 1st, 2017, the Jackson Free Clinic will be hosting the JFC Invitational golf tournament at Whisper Lake Country Club. It was a day of fun, fellowship, and spirited competition last year and we hope it can be just as successful in 2017! 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, hole-in-one prizes, 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:** April 1, 2017

**Location:** Whisper Lake Country Club  
414 Annandale Parkway  
Madison, MS 39110

**Time:** 1:00 p.m. Shotgun start

**Lunch:** 11:30 a.m. – 1:00 p.m.

**Format:** Four-man scramble

**Cost:** $60 per student; $65 for single non-student player; $240 per team  
(Includes lunch and snacks, round of golf, drinks on the course, goodie bags, entry into raffles)

**Sponsorships:**  
$150 – **Hole Sponsor** *(includes hole sponsor sign)*  
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$500 – **Large Event Sponsor** *(includes hole sponsor sign, large event sponsor sign, and registration for a team of 4 players)*

**Registration:**  
www.jfcinvitational.org
Simply Delicious

Creamy Macaroni and Cheese
This is one of the first recipes I ever learned to make, and boy did I make it A LOT M1 year. If you are looking for comfort food after a long day in the lab or an exhausting week of tests, this is the perfect recipe for you. It's easy and oh so yummy! As an M1, I made this mac and cheese many times after a long day in the gross lab! So when you are feeling exhausted and need a carb fix, fix some creamy mac and cheese!

Ingredients
- 1 8oz package elbow macaroni
- ¼ c butter
- ¼ c flour
- 1 c milk
- 1 c heavy cream
- ½ - 1 tsp salt
- 2 c (8oz) shredded sharp cheddar cheese

Directions
1. Preheat oven to 350 degrees
2. Cook macaroni, drain, and set aside while making sauce
3. Melt butter in sauce pan over low heat
4. Add flour and whisk until smooth
5. Gradually add milk and cream over medium heat, stirring until thickened
6. Stir in cheese and salt
7. When cheese has melted, pour macaroni into sauce and then pour into 7x11 baking dish
8. Cover with foil and bake for 20 minutes
9. Remove foil and continue to back until bubbly and cheese has melted

Note
Add extra cheese on top to make extra bubbly and yummy!

Enjoy! You deserve it :)  
Ashton Davis, M4
Prayer for Christian Unity

Last year, on January 25, Pope Francis delivered a homily at Vespers (an evening prayer service that is a part of the Liturgy of the Hours) on the Solemnity of the Conversion of St. Paul, at the close of the Week of Prayer for Christian Unity at the Basilica of St. Paul Outside the Walls in Rome, Italy. I found an excerpt from this homily while reading an entry titled “Called Together” from a devotional publication called Give Us This Day: Daily Prayer for Today’s Catholic on January 20, 2017. I apologize for not sharing this reflection piece with you earlier:

“[During] this Week of Prayer for Christian Unity, we can truly affirm that all of us, believers in Christ, have been called to proclaim the mighty works of God [cf. 1 Peter 2:9]. Beyond the differences which still separate us, we recognize with joy that at the origin of our Christian life there is always a call from God Himself. We can make progress on the path to full visible communion between us Christians not only when we come closer to each other, but above all as we convert ourselves to the Lord, who through His grace, chooses and calls us to be His disciples. And converting ourselves means letting the Lord live and work in us. For this reason, when Christians of different Churches listen to the Word of God together and seek to put it into practice, they make important steps towards unity. It is not only the call which unites us, but we also share the same mission to proclaim to all the marvelous works of God. […] [We] cannot fail to announce God’s merciful love which has conquered and transformed us. While we are moving towards full communion among Christians, we can already develop many forms of cooperation to aid the spread of the Gospel. By walking and working together, we realize that we are already united in the name of the Lord.”

I find this reflection appropriate for the occasion, as I finished writing this article at the end of this current Week of Prayer for Christian Unity. How fitting it is that this homily was given around the same time last year during the Jubilee Year of Mercy! I will echo Pope Francis’s words, again, from his homily last year: “Let us keep in mind that there can be no authentic quest for unity of Christians without entrusting ourselves fully to the Father’s mercy.” So, upon embracing God’s mercy, I pray that we all find our common ground in sharing His mercy and the Love of Christ with others.

On this note of unity in love and mercy then, I would like to extend God’s love further by proposing joint service initiatives incorporating members of all faith backgrounds, not only Christian denominations but also all other religious traditions. Please see the next article.

Peace be with you all,
Edgar R. Meyer
2nd-Year Graduate Student
PhD Program in Clinical Anatomy
Unbeknownst to many, including myself, World Religion Day was several Sunday’s ago on January 15, 2017. I only wish I had been aware of this fact so that I could consciously acknowledge and formally honor our nation's freedom of religion. However, it is never too late to celebrate religious freedom.

Attention:
Please join me in beginning a service initiative of peace, love, and mercy to all by attending what I am calling the Faith Forum which will be held on a date dependent on interested participants. People of all religious traditions and practices are welcome to contribute. Please feel free to email me at emeyer@umc.edu if you are interested.

At this meeting, I hope that those of us in attendance can have discussions on ways in which we all as a unified whole can serve the members of the campus community around us as well as the community beyond. In addition, I feel that such a forum will allow us to discuss with one another the tenets of our own backgrounds in faith that we may come to have a greater appreciation for religious diversity and, thereby, develop religious unity in our uniqueness. The future of such an organization could hold the potential for hosting speakers, service projects, prayer groups, and fellowship activities that promote universal peace, love, and mercy.

On this note of peace, love, and mercy then, I find the following excerpt from a January 30 entry titled “Blessed Among Us” in Give Us This Day very appropriate, not only given the topic of religious freedom but also given the current state of the world which calls for courageous people like Mohandas Gandhi and Dr. Martin Luther King, Jr., whose birthday was also recently celebrated, to be champions of peace and nonviolence just as they were:

“Mohandas Gandhi, ‘Great Soul’ of India (1869 – 1948), who led the Indian movement for independence, did more than any person in history to advance the theory and practice of nonviolence. His influence in world history is incalculable. Yet he always posed a special challenge for Christians. Here was a Hindu who politely rejected the dogmatic claims of Christianity while embracing, with extraordinary consistency, the ethical claims of Christ.

Gandhi remained a devoted Hindu throughout his life. His experience of the conduct of Christian missionaries in India and their general alliance with colonialism made him doubtful that their religion had any unique claim to the truth. Yet in the Sermon on the Mount and the ‘law of love’ he found what he called the ‘true message of Jesus.’ In Jesus’ teaching and his practice of redemptive suffering he found the exemplification of nonviolence and the essence of true religion.

For Gandhi, the nonviolent struggle for independence was a deeply spiritual, and not simply political, cause. Believing in the identity between means and ends, he approached each campaign as an ‘experiment in truth,’ an effort to realize God’s will on earth. He was assassinated on January 30, 1948, by Hindu fanatics who opposed his efforts to overcome Hindu-Muslim conflict in the aftermath of Independence.

His influence is felt not only in movements for peace and justice but in the lives of many Christians who, thanks to his witness, have learned to read the Gospel with new eyes and to become more faithful followers of Jesus.

‘Living Christ means a living Cross; without it life is a living death.’

—Mohandas Gandhi”
The life of Mohandas Gandhi challenges people of all religions to find the truth in each other's faith. As the passage above suggests, Gandhi ardently believed that the concept of nonviolence was the very foundation of religion itself. If we examine the etymology of the word religion, we find that it is, in a sense, correct as the word, according to writers such as Servius, Lactantius, and Augustine, is derived from the Latin words re- meaning “again” and ligare meaning “to bind” or “connect.” The complete connotation of the word religion then carries with it the full intensive force of a reuniting of a people with a set of moral and/or ethical ideals or standards that are divine or godly. These perfect codes then are to be upheld and to be regarded above any others which could have originated from the world or from man's own imperfect nature. Part of such a perfect code would then entail peace among all people whereby everyone would abstain from violent behavior against one another in accordance with the Golden Rule of doing unto others as you would have them do unto you. This Golden Rule is firmly grounded in Gandhi's idea of nonviolence.

Interestingly, this concept of the Golden Rule exists in a myriad of other cultures around the world, just under a different name and in a varying context. The work of Joseph Campbell, a famous American writer, lecturer, and mythologist who studied world religions and mythologies, suggests that the religions and mythologies of the world possess the same motifs which are often centered around a hero's journey which is cyclic in nature and which often involves a sacrifice of one's self for the greater good, the greater ideal. For Christians, this heroic figure is the Christ. For Jews, it is the Messiah yet to come. For Muslims, it is Mohammed. For Buddhists, it is the Buddha. For Hindus, it is Krishna and others. And for other religions, the list goes on and on. Many of these ideas can be read in his book The Hero with a Thousand Faces.

Ultimately though, religion, contrary to what many may think, was never meant to be misused by man to impose his will on his fellow man, but rather to be practiced by man ritualistically as a way to reunite him with the divine realistically. Unfortunately, we as human beings donning the human condition are all guilty of failing to live up to the ideals which are embedded in religion, but we all can strive to live out the ideals of peace, love, and mercy which most world religions embrace, whether we practice those religions or not.

Peace be with you all,
Edgar R. Meyer
2nd-Year Graduate Student
PhD Program in Clinical Anatomy
Hello from the Evers Society! As you all know, the Evers Society was created to strengthen medical education through the evaluation of coursework in the preclinical and clinical years of medical school. We also have the privilege of acknowledging faculty who have been selected by medical students for their outstanding teaching and dedication to students. Faculty members who have won an award for three or more years are inducted into the Evers “Hall of Fame”. We wanted to give you a chance to get to know your Hall of Fame members better with a short interview. This month, we were able to interview Dr. David Brown. Dr. Brown was one of the first teachers medical students met during their first year of medical school. He graduated with his PhD in Biochemistry from UMMC in 1988 and has continued to teach Biochemistry to medical students as well as help coordinate the M1 class curriculum. We hope you enjoy learning more about him!

1. **Tell us a little bit about yourself. How did you end up in the Biochemistry department at UMMC?**

I had a fairly non-traditional route. I got my Bachelor’s in Biology and Master’s in Genetics at Florida State. During that time, I became fascinated with the field of molecular biology, so I came to UMMC with Dr. Sittman in 1982 to get my doctorate in Biochemistry and stayed for a post-doc fellowship.

2. **What do you enjoy about teaching medical students?**

I enjoy the interactions with the students. I’m lucky that in the first year, we’ve got a lot of students who still come to class. Making the Powerpoints is not all that much fun, but bantering with the students certainly is. All classes have characters in them, and I love interacting with the eccentric characters. The worst part is writing exam questions.

3. **If you could give a piece of advice to your students, what would it be?**

A couple of things happened that changed the way I taught. One was that I started managing the curriculum, and that made me realize how many balls y’all are trying to juggle at one time. And the second thing was when I started having kids, I realized that I had half the amount of time, and that simply telling someone to manage their time better as not as easy at it seems. The students are not just taking my course, and we need to have reasonable expectations about what we can and can’t do. That being said, the one thing I would tell students is to give the different types of ways of learning a try. Don’t just assume that you don’t learn by going to class. I worry that people have self-diagnosed themselves as not learning in the classroom more because they really don’t want to wake up and drive to class. If in fact you can do it more productively at home then that’s fine, but give classes a try. You may in fact be more effective with your time in class.
4. What do you like to do outside of work?
   My main hobbies were fishing and woodworking. I've always been an avid fisher and the woodworking I learned out of necessity after buying an old house. Those were my hobbies before children (BC). Now my time outside of work is oriented around the kids. I'm the leader of their Cub Scout pack and we do other school related activities as well. But I'm excited because next summer they will be old enough to go deep sea fishing, and eventually they will be old enough for me to teach them woodworking.

5. Favorites:
   Vacation spot?
   I grew up on the east coast of Florida so I'm a beach guy. We have had some great trips to the gulf coast. I have a brother that lives in South Florida and next year we are going fishing with him in the Keys. I hope that’s going to be my favorite.
   Season? Late spring/summer
   Food? Seafood, any kind!
   Movie? Dr. Strangelove, with Peter Sellers
   Sports team? Right now it's the Cowboys because of Dak Prescott, but I've been a Saints fan since I came to Mississippi. Not even gonna talk about college football- too polarizing.

6. What’s an interesting fact about yourself that medical students might not know?
   As an undergrad at Florida State, Burt Reynolds and I were (briefly) dating the same girl.

7. You were inducted into the Evers Society Hall of Fame because you have received several Evers teaching awards during your career. What do you think is the most important quality of being a good teacher?
   Engaging the students. If you have to give four lecture hours on lipid metabolism, you have to do something to engage the students. And that can be done in many different ways. It's a challenge, but finding a way to engage the students and convey to them that you want to be there allows us all to have some fun with it.

8. What’s the best experience you’ve ever had in your teaching career?
   There have been a lot of them, but one of the first was about 10-15 years ago. After the first exam, a student wanted to talk to me. He came to my office and said he didn’t do very well. He had left his job as an EMT to attend medical school but didn’t think he could do it and was thinking of dropping out. I encouraged him to continue and give it another try, and he left. I wasn’t in control of grades at that point so I wasn’t able to keep up with him. A few years later, he brought me a beer at a bar and told me he had just graduated from medical school. Just moments like that have been significant to me.

9. Why do the Biochem professors always have the best Hawaiian shirts?
   Historically, biochemists, did a lot of dirty, grunt work- grinding up cells, using harsh chemicals, stuff like that. Now we do somewhat more sophisticated things, but it’s still often dirty work so we usually dress in jeans and sloppy clothes. The Hawaiian shirts are our way of dressing up. But everywhere I've ever been, the biochemists are always dressed more casually.

10. Anything else you would like to tell the students?
    I would tell them to remember that the first year, and especially the first half of the first year, is probably the most challenging part of med school, and not to get discouraged by that. Not only is the material tough, but you're making all these changes in lifestyle because medical school is many-fold tougher than undergrad school. So persevere through that time, and don’t get discouraged because it is tough.
Now I can...
do all my favorite things

After suffering a stroke, Carol Gaddis of Jackson could only twitch an eyebrow and wiggle a couple of fingers on her paralyzed right side.

But thanks to the good Lord and the good care at Methodist Rehabilitation Center, she’s back doing all the activities she loves—hunting, fishing, sewing, crocheting and making and selling soap.

“They kept working with me, and now I can do things I used to do and more,” she said. “They have brought me such a long way. I can clap my hands in church now and hold my hands up to praise the Lord.”