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Children’s of Mississippi is part of the University of Mississippi Medical Center.
Dr. Mark Weber’s last day of class before his retirement from UMMC

Sensory lab with Dr. Lisa Barnes

Going away party for the DPT class of 2017
SNMA Updates

UMMC’s SNMA chapter was awarded “Chapter of the Year” for Region 3 SNMA!!!

Students from both William Carey - Osteopathic Medicine and UMMC - School of Medicine.

The UMMC Chapter of SNMA joined other chapters from throughout the nation for the Annual Medical Education Conference (AMEC). Pre-medical and Medical students joined together for the nation’s most diverse medical education conference.

White Coats Black Doctors has been very supportive of the UMMC SNMA chapter. WCBD is a nonprofit organization founded by five Black medical students, with a purpose to “celebrate, unite, and uplift black medical students and physicians, and to support the development of future Black physicians” because Black men and women remain underrepresented in the medical field. Through apparel and sponsored events, they enlist the support of Black medical students and physicians across the country to build a network of support for each other, and to equip the next generation with guidance toward careers in medicine. WCBD site: http://www.whitecoatsblackdoctors.org/
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. Recently, we were able to interview Dr. Bill Daley. Dr. Daley has the unique role of working with medical students during their preclinical years in the Pathology course and also during clinical years during Pathology rotations. Dr. Daley is a graduate of UMMC School of Medicine and continued at UMMC to complete his residency. Along with his role as a practicing pathologist, he serves as the coordinator for the Pathology course and is the faculty sponsor for the Evers Society. We are always grateful for his help and hope you enjoy learning more about him!

1. Tell us a little bit about yourself. How did you end up in the Pathology Department at UMMC?

I have a business degree and worked in our family business for about 10 years and decided that it really wasn’t fulfilling or something I thought was my future for the long-term. So, I had this crazy notion to go to medical school. My brother is a physician, and I had seen him go to medical school straight from college. I had to take about 40 hours of preparatory courses in order to apply to medical school, and one the requirements was a course in advanced biology. So I signed up for BIO 403, I think that was it, and it was histology. To be honest, I don’t think I even knew what I was signing up for.

Once in the course I started panicking looking under this microscope and remember telling the professor “I don’t think I could ever be a pathologist.” But once I got into it I really started liking it and even after the course was over I found that I started missing it, which doesn’t usually happen! I came to medical school with the idea of being a radiologist because I liked technology and imaging. Unfortunately in those days, we didn’t have a lot of interaction with Radiology in the first 2 years. But because I took the Pathology course in the 2nd year, I got to know some pathologists and would go sit with them and see what they did, and in my 2nd year I decided I wanted to be a pathologist. I went through all the 3rd year rotations and enjoyed them, but nothing really talked me out of being a pathologist. I started medical school in 1994 at age 34, did my pathology residency here at UMMC, which was 5 years at that time, and then became faculty in 2003.

2. What do you enjoy about teaching medical students?

I think I enjoy everything about it. I just enjoy helping people along that journey. One promise I made once I started in academic medicine is that I would never forget what it was like to be a medical student and the hopes and fears and anxieties that exist. It’s a wonderful time in your life but it’s often a stressful time. You’re often unsure in your abilities and your self-confidence can be shaken by a single test grade. And I try to be a calming influence on medical students and to try and get them to understand that yes, what you’re doing is important now but you should just strive to do the best that you can. There seems to be a lot more pressure today because students might want to do a particular residency and are concerned about their USMLE scores and I understand that. So, I just love helping students along that journey and imparting knowledge to them. And not only just knowledge, but getting students to learn how to think and how to solve problems. If I do nothing else, I need to teach you how to learn to find the answer and give you a diagnostic approach, learn to be systematic. I think that’s what we do. One of my favorite things about teaching M2s is seeing them in the hallway with their white coats on.
3. If you could give a piece of advice to your students, what would it be?
Relax. It’s going to be ok. Again, I think the goal for medical students is to try to obtain performance to the best of their ability. And I think students tend to beat themselves up too much about things. I understand as a student how much anxiety there is, but try to look at the big picture and enjoy where you are today. Because you’ll look back at this and think “What an experience that was, what a gift that was.”

4. What do you like to do outside of work?
One of my hobbies for years has been electronics. Years ago I got interested in how things work. As a child, I destroyed many things trying to figure out how they worked. But there came a time where I could repair things, especially radios and stereo equipment. I got into all of the equipment and test instruments needed to repair electronics. I love restoring vintage electronics, vintage high quality stereo equipment. I do not accept outside work anymore, it’s just for fun now. I worked on a colleague’s radio from the 1940s that had been in his grandfather’s barn. It took me 6 months to get it working. It even had termite tunnels in it, but last Christmas I was able to present him with a working radio that was his grandfather’s. I recently refurbished a tube type portable radio of my dad’s from the late 1940’s and it was a blast hearing it come to life after decades of sitting on a shelf. Classical music is another hobby. I played the French horn for years and I’m trying to get back into playing. I also love cats, and my cat Lily is an Egyptian Mau. Mau’s are the only purebred spotted domestic cat breed, are the fastest of the domestic cats, and from a genetic standpoint is “oldest” cat breed. I got her about 6 years ago from a cattery in Oregon.

5. Favorite:
Vacation spot? I haven’t been there yet. My dream is to visit Tahiti and Bora Bora.
Season? Summer. I like it warm, but not quite as humid as it is here sometimes! I like the dry heat of the desert southwest.
Food? I’ve been a vegetarian for over 40 years. One of my favorite things is a Caprese salad with fresh tomatoes, mozzarella, basil leaves, and balsamic vinaigrette. Simple and delicious.
Movie? The Best Years of Our Lives. It was made in 1946, and is the story of returning servicemen from WWII trying to reintegrate into society, which wasn’t easy in many cases.
Sports team? I’m not a sports person but I tend to pull for Ole Miss (of course!)

6. What’s an interesting fact about yourself that medical students might not know?
My dad started a wholesale beauty and barber supply company and that’s what I did for about 10 years after graduating from MC with a business degree. We sold anything and everything that had to do with beauty and barber supplies from tanning beds to hair color. We had a huge warehouse and covered the state of MS and part of LA.
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?

I would say intellectual honesty, which we tend to think of in terms of research. It most certainly extends to education and our service work, in other words, our entire existence as physicians. A very important aspect of teaching is speaking at the level of the person you’re teaching and also putting it in a way the learner can understand. We use a different language in medicine and one that I don't think comes naturally. As I tell medical students often, we don't always name things well in medicine which makes it difficult to learn. I think a teacher is almost like a translator who can take this information and put it in a way that can be understood. I think students appreciate that. And also the ability to know your own limitations is important. Students ask me great questions that I have to look up all the time and I appreciate them doing that because it means they are processing things.

8. What's the best experience you’ve ever had in your teaching career?

Being the recipient of teaching awards in general has really been so gratifying. The Evers society has been very important to me. When I was an M2 I was asked to be on the formation committee of the Evers Society. Dr. Conerly knew that LSU had a student-run curriculum evaluation organization. He was impressed with the idea and tasked medical students to start a similar group here. We started putting this society together before we even had a name. So being involved in its formation and then being the recipient of awards means more to me than you can imagine.

9. What is the best part about being able to work with medical students in both the preclinical years and clinical years of training?

It's the complete gratification I get working with medical students, getting to get to see them in their remaining clinical years of medical school, then in their internship and residency, and in some cases as faculty here at UMMC. I took my mother to a doctor’s appointment last year and the surgeon introduced himself and said he had been one of my students. I like seeing students out in practice who still remember me, and I enjoy feeling like I have been a small part of helping them get to where they are today.

10. Anything else you would like to tell the students?

It may be easier said than done, but try to relish the moment and live for now. Do your best and be satisfied with your effort because there will be a time in the not-too-distant future where this will be a dim memory. Life never stops presenting challenges to us, and in medicine, these challenges are what keeps us moving forward and improving what we do as physicians.
Evers Society

2017 Hall of Fame Inductees, Dr. Zeb Henson, Dr. Lyssa Weatherly, Dr. John J. Correia, Dr. Susan Warren, Dr. Rachael Morris, and Ms. Jan Simpson.

Our guest speaker this year was Dr. Lyssa Weatherly who spoke about Technology in Medicine.

Dr. Daley with Mrs. Evers providing a donation for Evers Society in memory of her and Dr. Evers son, Gus Evers.

21st Annual Awards Banquet of the Carl G. Evers Society.
Crawfish Fest 2017
The School of Medicine Class of 2020 has not only been hard at work studying and adjusting to life in medical school, but has also been dedicating time to serving the community in various projects throughout the Metro Area. Together, they have helped touch our community in a tangible way. Last December, they raised over $200 in cash plus numerous toys and other supplies for the children of Mississippi Children’s Home Services in honor of their anatomical donors for their gross anatomy class. In April, some of the students participated in a day of service for the Mississippi Capitol Area Habitat for Humanity. They helped with the construction of a home for a family in need. Students used tools such as hammers and nail guns to help put up the roof, insulation, and boarding around the home. They continue to look forward to serving our community in other ways throughout the next four years!

Back row, from left to right: Sarah Farmer, Ashley Brown, Nathan Alexander, Stephen Grado, Harman Kaur

Front row, from left to right: Mindy Talley, Kandice Bailey, Bonnie Beth Moore
(Not pictured: Ryan Chapman)
Fill Your Jars to the Brim

On Saturday, March 25, I had the opportunity to attend the Abbey Youth Fest hosted by St. Joseph Seminary College in Covington, Louisiana, as a chaperone for the St. Richard Catholic Church youth group. This event is an annual festival that features performances by Catholic bands and musicians, meals and merchandise provided by Catholic vendors, motivational speakers, seminarians, and various religious orders. The full experience also includes the celebration of Mass, the provision of Reconciliation by Catholic priests, and a conclusion involving prayerful Adoration.

One of the speakers at the event named David Calavitta, a representative of LifeTeen from California, gave a talk that featured the biblical story of the Wedding at Cana from the Gospel of St. John (2:1-12). The story describes an occurrence at a wedding feast whereby the host of the party runs out of wine for the guests. Wine was customarily offered at Jewish wedding feasts as a sign of the host's graciousness and his ability to provide for his family and friends. In response to the depletion of this celebratory beverage, Mary, the mother of Jesus, tells her son that the wine has run dry. After first admitting that His time has not yet come, Jesus ultimately acts upon His mother's request by telling two of the servers to fill six jars, which would have contained approximately 180 gallons of fluid each, with water. Reluctantly, yet willingly, the two servers fill the jars to the brims with water and bring them back to Jesus. Upon their return, Jesus then tells them to take the jars to the head waiter. Again, the servers do as Jesus says, though probably somewhat more reticently than before, and when the waiter tastes the “water” in one of the jars, he proclaims, “Everyone serves the good wine first; and when men have drunk freely, then the poor wine; but you have kept the good wine until now” (John 2:10, RSV).

Now, I have heard and read this passage in the Gospel of St. John many times, and, in fact, my small faith group and I read this passage recently as part of our Scripture study during the second week of Lent. And even in the numerous spiritual reflections that others and I have had on this passage, I have never thought about the events in this passage in the way that David explained this weekend. In his retelling of the story, David very energetically relayed the details with clear imagery appealing to the modern sensibilities of those of us present. But when David reached the part of the story where the head waiter comments on the excellence of the wine, he posed a conditional question: “What if the servers had only filled the jars with a little water?” After posing the question, he quickly followed up with the thought that there may have only been a little wine. Granted, those of us familiar with the two fish and five loaves of bread story later in the Gospel of St. John—the story in which Jesus uses limited food to provide nourishment for 5,000 people—would probably believe that Jesus could make a lot of wine with just a little water. Nevertheless, David’s query and interpretation give us all a more profound perspective on the role of the servers who, in this case, are like us. By expanding our understanding of the story, we identify with the servers as regular people, and we acknowledge our roles in the work of Jesus by our own contributions.

So, then, with David’s beckoning and our new understanding of this Gospel passage, we must ask ourselves how much water we are willing give. How much am I willing to give? How much are you willing to give? To emphasize his point further, David persisted by drawing our attention once more to the detail that the servers, who probably were afraid of angering their boss, the head waiter, by performing the strange task Jesus gives them, still fill the jars to the brim. Are we willing to fill our jars to the brim? Are we willing to give God our all?
Perhaps, you are a student struggling to manage time both for intense course work and family life. Perhaps, you are a nurse, a nurse's assistant, a doctor, a dentist, a therapist, a pharmacist, or a technician who spends long hours on his/her feet while caring for patients. Perhaps, you are a teacher or a research assistant who works tirelessly preparing class sessions, grading papers, conducting research, or writing and editing manuscripts. Perhaps, you are a staff member, manager, or administrator who often deals with stakeholder dissatisfaction. I know that I often feel overwhelmed by the multitude of ongoing tasks from day to day, and I do not always offer my best. But fortunately for all of us, when the wine runs dry, we have the ability to fill the jars to the brim so that the individuals with whom we come in contact receive the best we have to offer, even when we, like the waiters, may be uncertain that our actions will bear fruit. But, just as Christ transforms water into wine, so too does He transform us into Himself that we may be His accomplices in serving and loving others by filling our jars to the brim.

Christ gave Himself fully for us in His sacrifice on the cross, and He continues to give Himself fully to us through His Spirit. Therefore, must we not also give of ourselves fully as an offering, a living sacrifice in our own contributions for fulfilling God's will by living a life that is not our own, but Christ's? I encourage everyone to revisit this passage in the Bible and apply its meaning to his or her everyday life—always filling the jars to the brim.

Peace be with you all,

Edgar R. Meyer
Second-Year Graduate Student
Ph.D. Program in Clinical Anatomy
Avocado Smoothie

Rebecca Turner, RD

prep time: 5-10 minutes
cook time: None
serves: 2

Things You Need
1/2 medium avocado
1 frozen banana
1/2 cup canned pineapple chunks (in water or juice)
1 cup milk (skim, lactose free, or almond)
1 cup raw spinach
1/2 cup canned pineapple chunks (in water or juice)
1/2 teaspoon vanilla extract
1 packet Stevia (optional)

Here’s How
1. Place all ingredients in your blender.
2. Pulse to get the mixture moving. Blend until creamy and smooth.

Nutritional Information
Amount Per Serving
Calories: 189
Total Fat: 6 g
Sodium: 72.4 mg
Total Carbs: 30.3
Lunch & Lecture

Body, Mind, & Spirit: The Role of Pastoral Care in Healthcare Systems
Presented by Pat Walden

A nurse’s personal story and faithful style

Tuesday
May 16, 2017
12:00 p.m.
The Lower Amphitheater (R153)

*Lunch will be provided to the first 50 attendees.

Patricia (Pat) Walden, RN, BSN
Director of Pastoral Care Services
St. Dominic Hospital
Jackson, MS 39216

Sponsored by the UMMC
Catholic Students Association
Wellness has gained a lot of attention in the medical media lately. Physicians have a higher rate of depression and suicide than their non-medical peers, and many medical schools, residency programs, and hospitals are stepping up to the plate to have wellness programs in place. Our institution is among those, with more wellness activities being offered to employees and students each year.

The M1 Wellness Retreat is just the latest wellness event for medical students at the University of Mississippi Medical Center. The retreat was the brainchild of current M4 members of the Gold Humanism Honor Society (GHHS), who chose it as their service project for the year. I had the honor of organizing and directing the day. The retreat took place at McClain Lodge in Brandon, MS, on March 30th, and the theme was "surviving vs. thriving." First-year medical students were transported to the lodge by bus and ate lunch while guest speaker Dr. Scott Rodgers, Chair of Psychiatry at UMMC, spoke about his own journey for personal wellness throughout medical school and how to thrive. Students were then divided into small groups led by M3 and M4 volunteers to talk about stressors that they’ve personally faced during medical school on a peer-to-peer level. After wrapping up wellness talks, students had the remainder of the day to play games, including a zipline, gyroscope, rock wall, frisbee, and trivia. Funding was provided by the Office of Academic Affairs, the Office of Medical Education, and Bankplus.

The feedback we’ve received from students and volunteers has been overwhelmingly positive. While this retreat was just a pilot service project, the newly inducted members of GHHS have already expressed interest in hosting the retreat again next year. I feel incredibly honored to have been a part of this day and proud to be a part of an institution that really prioritizes its students above all else.
The Jackson Free Clinic Invitational was held on Saturday, April 1st, 2017. The weather was perfect for a day of golf as we welcomed our golfers to our third year of the tournament created as a fundraiser for the JFC. There was spirited competition between the teams on the course, and the results were close, with the champions winning the tournament by one stroke. A big congratulations to our winners, Grant Robinson, Daniel Duddleston, Walker Barrett, and Marco Aru. Grant walked away with his winner’s trophy as well as an additional prize as the winner of our “Closest to the Hole” competition. We were able to raise close to $8,000, which will help with many months of patient care at the clinic. The tournament would not have been possible without our many sponsors and local shops and restaurants that donated to our raffle drawing. We hope that the golfers enjoyed their time at the JFC Invitational and we look forward to seeing many of you there again next year!
Anatomy Ball 2017
COMING SOON
Getting You Back on the Trail

102 S. Perkins Street in Ridgeland | methodistonline.org