THE UNIVERSITY OF MISSISSIPPI MEDICAL CENTER

THE MURMUR
vol. 49 | no. 6

Pace Makers
Students Running for Wellness

student stories

BEING AFRICAN-AMERICAN IN MED SCHOOL

BEST VIDEO GAMES OF THE YEAR
After his semi-retirement from Mississippi Valley Title, John “Bones” Cossar spent much of his spare time on the golf course. But the beloved pastime fell to the wayside after an adverse reaction to a cancer drug paralyzed the Lake Cavalier resident.

“I literally landed in bed and wasn’t moving for 35 days,” he said. “I couldn’t wiggle a finger. I couldn’t swallow. I thought I was going to die.”

When Cossar was finally well enough to begin therapy at Methodist Rehabilitation Center, he told everyone his goal was to return to the golf course. And after months of working with MRC’s inpatient and outpatient staff, the 80-year-old made a triumphant return to the tee box.

“After I played my first round of golf, I showed the scorecard to the staff at Methodist Rehab and everyone was crying,” he said. “I can’t say enough nice things about them. I looked forward to therapy because I knew it was doing me good. They were getting me back on my feet. Here I am standing upright. And I have nothing but praise for Methodist Rehab.”

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DEPARTMENTS

Around the U

Faculty Profile:
Dr. Lishia Lee
by John Bobo

MLK Had Something to Say about Social Injustice and Healthcare
by Denise Powell

Nursing School Happenings
by Brady Darnell and Macy Thornton

The Wellness Corner
by Elena Dent

Talk of the Town

The Jackson Lunch Crunch
by John Bobo

Happy Hour Rundown
by Mikey Arceo

Need to Know

Critic’s Corner
A review of “The Upside”
by Shanu Moorthy

Crossword Puzzle

Pop Culture Serotonin
by Eddie Mac Huddleston, Mary Moses Hitt, and Hannah Badon

The Murmur

THE UNIVERSITY OF MISSISSIPPI MEDICAL CENTER

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Greetings, Fellow Students, Faculty, and Staff,

Having celebrated Heart month and Valentine’s Day this February, let's continue into the spring with mindfulness about our health and the people about whom we care.

The Associated Student Body (ASB) has held its fifth ASB Council meeting, and elections for executive officers for the upcoming 2019-2020 academic year were held during the first full week of February. I would like to congratulate our new officers-elect who will guide the ASB during the 2019-2020 school year:
Blake Johns, M4 (President-Elect); Bonnie Beth Moore, M4 (Vice President-Elect); Meredith Cobb, G5 (Secretary-Elect), and Benjamin Rushing, M1 (Treasurer-Elect).

ASB officers representing each of the seven schools on campus also met with Mr. Kevin Cook, the Health System Chief Executive Officer, on February 12, to learn more about improvements in the hospitals and partnerships between UMMC and other entities.

Moreover, the ASB continued its sponsorship of the fifth Interprofessional Education seminar on February 26, featuring TeleHealth and its impact on rural medicine. More details on these seminars can be found in this issue, including the next seminar in March.

In order to celebrate Black History Month, the Diversity and Inclusion Committee of ASB also sought to sponsor an event in conjunction with the Student National Medical Association (SNMA) to kick off a series of events the SNMA is planning in March.

An ASB Roundtable Discussion was also held with representatives from each of the schools on campus as an open forum for students to voice their concerns.

Thank you all for reading this message. And remember: Please feel free to contact me to offer any questions, concerns, and/or suggestions, and I will be happy to help you.

Yours in Service,

Edgar Meyer
Associated Student Body President
Around

The U

Everything That’s Going On at UMMC

Student Stories

Ashley Brown (2nd from right) reflects on her experience being African American and female in a field that hasn’t always been open to minorities. Read her essay on page 28.
Tell us a little bit about yourself. How did you end up here at UMMC?
I came to UMMC as a traditional BSN student in 1997 after getting my prereqs at Hinds Community College. I have been here ever since. I graduated in 1999 with a BSN and went to work on 4 Children's as a staff nurse. I went back for my Masters in nursing education in 2001 and finished in 2003 and became the nurse educator on the same floor. I also did part time clinical teaching for the SON from 2004 to 2006 and started full time at the SON in 2010. I continue to work prn on 4 Children's a couple of shifts per month. I earned my PhD in clinical sciences in 2015 at the School of Graduate Studies. Seems like once I landed here as a student, I just stayed!

What do you enjoy most about teaching?
I remember being a student here and I loved how my favorite teachers encouraged me in clinical rotations. They really taught me to love nursing at the bedside. I like teaching students at the bedside more than in the classroom. Many students, like myself are “hands on” learners so I can connect with that.

Any advice to students?
If you want it bad enough, you can do it. School is hard, that is a fact. If everyone could do it, it wouldn't be special. Nursing is special and it takes a special person with a big heart to do the work we do. We take care of people (patients and families) on their best days and their worst days and that can be challenging for anyone. Hang in there and do your best! Trust me….YOU MAKE A DIFFERENCE EVERY DAY!!

What do you enjoy most about teaching?
I like to BAKE, sew, travel and spend time with my family and friends.

What is your favorite...
VACATION? Hawaii
SEASON? Spring
FOOD? Veggies
MOVIE? One Flew Over the Cuckoo’s Nest
SPORTS TEAM? WHO DAT!! GEAUX SAINTS!!

Interesting fact people might not know?
I am an Air Force brat and grew up in Hawaii. I went to the same Middle School and High School as Bette Midler!!

Best experience teaching?
Team teaching with Josie Bidwell!!

Any funny story/last tidbit for readers?
Every day may not be good, but there is good in every day. Make the most of every minute and tell your people you love them every chance you get, tomorrow is not promised.
**The UMMC**

**PACE MAKERS**

by John Bobo

Free pizza for the first 50 people! It’s a tagline as familiar to medical students as a SOAP note, tacked at the end of any standard email promoting one of UMMC’s many interest groups. The format of these meetings is cast directly from template: hop in line, grab your pizza, sit in seat, listen to speaker (FINISH IMP ESSAY). Lather, rinse, repeat.

Travis Fortin wanted a different kind of interest group.

He and Jeremiah Reese are the president and vice-president of the pacemakers, UMMC’s running club, a group they created to support student wellness during the weekly grind of medical school.

“Our goal is to get everyone outside and interacting with other groups of students,” says Fortin, a second year medical student. They tried to do the lunch meeting thing, but people wanted to get out. So, every
week, usually on Thursdays, the pacemakers meet at Deep South Pops or another venue around town. The route is planned out ahead of time and discussed in the GroupMe each week leading up to the run. After the run is complete, students hang out, eat a popsicle, maybe drink a beer, and enjoy time with each other outside the bounds of school.

The pacemakers group message thread is ticking with activity too. Members are encouraging each other, discussing running tips, and making plans to run together in upcoming 5Ks and marathons around the area. As if that wasn’t enough, the group is organizing their own 5K, The UMMC Race for Wellness on March 17. Proceeds from this race will go toward wellness projects sponsored by Student Affairs like the water bottle filling stations around campus.

For more information on the pacemakers email tfortin@umc.edu or jreese2@umc.edu
This past MLK Day was another opportunity to reflect on the intersectionality of social injustice and healthcare. Reverend King realized that the mental and physical warfare experienced by African-Americans in the United States extended into the realm of health. What may or may not be shocking is that these traumatic experiences acknowledged in the 1960s are just as relevant in 2019. Studies show that trauma experienced in one generation of a family may impact their descendants’ health as well.

Recognizing and combatting the racial injustice that impacts our youngest members of society is important to our roles as medical students and the world of pediatrics because this can be diminished by us as members of all sectors of society: lobbyists, healthcare staff, teachers, parents, you name it! We have a role of educating our tiniest patients and their parents.

We live in a time when children of color can be and often are victimized by being unfairly targeted by police brutality and immigration laws. Not only is this physically challenging and damaging, but it impacts their mental wellbeing as well. As the current and future leaders of our communities, what can we do to create the safest and most nurturing environments for our youth?

The simplistic answer is to diminish health disparities, but this is a more multifaceted issue than the surface. There are many changes that need to be made for this to become a reality. From my perspective, having more physicians of color to adequately represent patient populations in certain communities is a start. Fortunately, this task is being tackled on a national level with organizations, like White Coats Black Doctors (WCBD), which provides scholarship and mentorship for students of color.

The ability to reduce the effects of ACEs can also be impacted by realizing environmental racism can be just as damaging as interpersonal violence. As a member of a minority community, I realize we do not always have the monetary resources or political representation to fight for what our children need to survive academically, professionally, and simply day to day, which is why organizations like WCBD are important.
ACEs can also be caused and exacerbated by gentrification and suburbanization, in which minority communities are left in polluted areas with less opportunity and more crime and violence, all leading to more incidences of ACEs. These devalued neighborhoods are disproportionately the home to children of color, according to studies. By shaping the environment and healthcare of our youngest Americans, we can be in control of the attainability of justice and equality.

A safe and secure home environment matters. Opportunity matters. Having mentors that are realistic images of what can be achieved matters. Racism alters the ability to reach all of these, but we, as a medical community, have the power to change the limits of adversity experienced by children attempting to achieve success. Whether it be food security, housing, or acting as a mentor for a child who needs it, MLK was a leader to us, so let’s pay it forward and be that image for another.

If you’d like to learn more about how African-American youth are impacted by the intersection of race, culture, identity, and the challenges of growing up, you can check out a new podcast called “What is Black?”, launched on January 21, 2019 by Dr. Jacqueline Douge, a pediatrician and writer.
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2019
Off-Campus Housing and Community Engagement Fair
Live, Serve, Give in Jackson and Beyond

Hosted by: University of Mississippi Medical Center and Mississippi Apartment Association
Open to: UMMC Faculty, Staff, and Current and Incoming Students

Thursday, March 21, 2019 11 am - 1 pm
Norman C. Nelson Student Union

Giveaways provided
For more information:
Contact Tara Rushing at trushing@umc.edu or 601.815.0124.

22 FEB/MAR 2019 | The Murmur

Join us for Wellness Day
UMMC Student Collaboration for Health & Wellness

Friday, April 5 • 10 a.m.–2 p.m.
In front of the New School of Medicine
**Rainy Day location: Student Union Gym

Exhibits:
• Information Table
• Punch cards – to track booth attendance
• Prize drawing for attending 5 tables
• T-shirts for sale
• UMMC walking paths
• Healthy Food Samples
• Nutrition Info
• Oral Hygiene
• Suicide, Smoking and Alcohol consumption
• Basic Exercise
• Get Outside
• Workplace Exercises
• Oral Cancer Screening
• Everyday Wellness
• Balancing Work and Workouts
• Much More!
11:00 a.m. - Panel Discussion – UMMC Wellness superstars give practical answers to questions about metabolism and weight loss.
1:00 p.m. - Tena & Roger - 30 minute Choreorobics Class

On Wellness Day, we actively display, in the form of a wellness flea market of sorts, what wellness looks like from a more practical and less clinical perspective, and seek to educate and inspire other UMMC students and employees about real-world health as it applies to exercise and good nutrition.

EMAIL JFBOB0@UMC.EDU
Live, Serve, Give in Jackson and Beyond

Off-Campus Housing and Community Engagement Fair

Hosted by: University of Mississippi Medical Center, Global Health Interest Group, Associated Student Body, and Mississippi Apartment Association

Open to: UMMC Faculty, Staff, and Current and Incoming Students

Thursday, March 21, 2019 11 am - 1 pm
Norman C. Nelson Student Union

Giveaways provided

For more information: Contact Tara Rushing at trushing@umc.edu or 601.815.0124.
5 ways to support the Jackson Free Clinic

1. **Volunteer this Saturday!**
   Be on the lookout for our weekly e-mail with a link to the sign up sheet. Contact Hannah Miller, Ford Franklin, or Monica Nguyen for more information! (hmmiller@umc.edu, jfordfranklin@umc.edu, dnguyen2@umc.edu)

2. **Purchase a JFC t-shirt or scrubs**
   Visit the JFC store at jacksonfreeclinic.org. We just got some new scrubs in, get’em while they’re hot!
   Contact Patrick Wood or John Bobo for more info (rwood@umc.edu, jfbobo@umc.edu)

3. **Register with Amazon Smile**
   Visit smile.amazon.com and search for Jackson Free Clinic for the Homeless. 1% of each purchase you make on Amazon will be donated to JFC.

4. **Add your Kroger Plus Card**
   Google “Kroger Community Rewards,” and click the first result. Select “Create an Account,” and add your info. Click on the link within the confirmation e-mail you receive, visit your “Account Summary” page, and add your Kroger plus card number in the “Plus Card” section. Scroll down to the “Community Rewards” section at the bottom. There you will search for the JFC. Our Organization number is KT747 and name is “Jackson Free Clinic for the Homeless.”
   7. That’s it! The JFC will get a % of your purchase as long as you use your Kroger Plus card. Please share with your friends!

5. **Add your mom and dad’s Kroger Plus Card!**
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You can contribute to the Jackson Free Clinic simply by adding our charity to your Kroger card or shopping on Amazon Smile. These organizations will donate a percentage of your purchases directly to the JFC!

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2. Select “Create an Account”
3. Add your e-mail, create a password, and choose the Kroger location you use most.
4. You should get an e-mail to confirm your new account, and click on a link within the e-mail.
5. Once you have an account, go to your “Account Summary” page (or it may direct you there) and add your Kroger plus card number in the “Plus Card” section.
6. Scroll down to the “Community Rewards” section at the bottom. There you will search for the JFC. Our Organization number is KT747 and name is “Jackson Free Clinic for the Homeless.”
7. That’s it! The JFC will get a % of your purchase as long as you use your Kroger Plus card. Please share with your friends!

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1. Sign in to: smile.amazon.com
2. From your desktop, go to Your Account from the navigation at the top of any page, and then select the option to Change your Charity. Or from your mobile browser, select Change your Charity from the options at the bottom of the page.
3. Search “Jackson Free Clinic for the Homeless” and select our charity.
Student Stories

Everyone has a story to tell. This month, hear from Ashley Brown—M3 class vice-president and future pediatrician—as she reflects on the history behind her, her journey ahead, and how she can help pave the way for young black physicians after her.

Ashley Brown, Medicine, 3rd Year

Being African American in Medical School

Being accepted into medical school is a personal accomplishment for anyone. However, to some that accomplishment means so much more. When I say some, I am referring to African-Americans. This accomplishment is deeply personal for me and to better understand my perspective, it is important to provide more information about my background.

I was born in Hattiesburg, MS. My dad is from Meridian, and my mom is from a small town called Bassfield. My parents both attended the University of Southern Mississippi, fell in love, and have been inseparable ever since. I am the oldest of three girls. My dad is in the sales industry specifically the bread business, and my mom works in insurance. We grew up in Byram, MS right past South Jackson down I-55. While living in Byram, our community was majority white. I was always considered the minority— at school, in daycare, birthday parties, etc. You name it. Neither of my parents are physicians nor do they come from families with a physician, but both my parents are hard workers who afforded us a great lifestyle teaching us that regardless of what we did we would be self-sufficient and hardworking.

I attended the University of Southern Mississippi for my Bachelors and Master’s degrees which afforded me the opportunity to work in research at one of the most prestigious places— St. Jude Children’s Research Hospital. This opened many more doors including pursuing my dream in medicine as a Robert M. Hearin Minority scholar.

Coming into medical school, I knew I was the minority; however, I learned that not only being black in medical school was minority but being a black female medical student. The more I tried to blend in, the more I knew I stood out. The first two years of medical school were heavily book focused which allowed me not to give much thought about standing out. Whereas, now that I’m a third year focusing on learning patient health care within the hospital, I find myself feeling as though I am always on the spot and critiquing all of my actions. Specifically focusing on the way I dress or how I choose to wear my hair. To some, those things may seem minute. However, they are very scary for me considering next year I will be interviewing for residencies. It’s scary to think that the color of your skin could be a factor of judgement.

While in medical school, I have become involved with the Student National Medical Association (SNMA) which was established under the umbrella of the National Medical Association (NMA). The NMA was founded in 1895 as an organization for black physicians who were not allowed to join the American Medical Association (AMA). The organization was founded to be exactly like AMA but instead to serve the African-American medical community. As a member of the SNMA, mentorship from other African-Americans in the field of medicine have allowed my classmates and I to better navigate this field and the possible challenges of
being a minority within it. The mentorship led to another impactful opportunity – the start of a new student led interest group called Black Representation in Medicine (BRIM). As one of 10 African-American students representing less than 10% of our incoming class of 145 students, the number one goal of BRIM is to increase the number of African-American students applying and entering medical school by offering guidance and mentorship from those whom have already conquered the process. As charter members, my classmates and I with the help of the Office of Admissions visit historically black colleges around the state including but not limited to Jackson State, Alcorn, Tougaloo etc. enabling students the opportunity to ask questions and receive guidance on applying to medical school or any other health-related professional school with the goal of increasing the presence of African-Americans within professional health specialties.

SNMA and BRIM are just two ways that I have become involved in diversifying medicine. I strive to follow in the footsteps of prominent African-Americans in Mississippi such as Dr. Robert Smith, physician and civil rights activist and Dr. Aaron Shirley, who transformed an abandoned shopping center into a medical center for Healthcare for the public in the capitol city. Individuals such as these two gentlemen allowed me to pursue my dreams. In continuing this legacy, my goal is to increase minority presence within the field of medicine.

Black history month means so much to me. It means celebrating my ancestors whom have fought for me and my classmates to have a voice. It’s a month for me to love and embrace every part of who I am from my textured hair to the melanin within my skin. It’s a month for me to remember my reason for continuing to empower our African-American youth to live up to their utmost potential.

My name is Ashley Karol Brown. I am resilient. I am Black. I am female. I am a future physician of Mississippi.
This past fall semester the School of Nursing created a new fundraiser entitled Stock the Schools! Stock the Schools was created as a means of helping fund 7 public school-based clinics throughout the state of Mississippi. Hannah Ivey and Madilyn Dennington, co-founders of stock the schools, raised the money by selling Stock the Schools t-shirts (see pictures) with 100% of the profit going directly to the school clinics. When asked why she began the fundraiser Hannah responded saying, “After volunteering at Johnson Elementary School I realized that the school clinics are the only form of healthcare that some of these children receive. I think UMMC students can join together to make sure these school clinics always have the resources they need.”

Stock the Schools ultimately donated $400 to the public-school clinics while simultaneously raising awareness for these school-based clinics. Not only have these clinics received supplies for this school year, but this fundraiser has been established as an annual fundraiser at the School of Nursing; so be on the lookout for your chance to help “Stock the Schools” this upcoming fall!

Pictured: Hannah Ivey and Madilyn Dennington

In 2011, Ronald Reagan UCLA Medical Center became the first hospital on the West Coast to offer yoga therapy, mindfulness meditation, Reiki, aromatherapy and nutrition for patients at their bedside and beyond through fashion icon Donna Karan’s Urban Zen Integrative Therapy Program (UZIT). Join IMAN (Integrative Medicine And Nutrition) for UZIT Self Care Classes treating Pain, Anxiety, Nausea, Insomnia, Constipation and Exhaustion exclusively for UMMC Medical Students. Include in email to edent2@umc.edu your name, your school, and the date you would like to attend.

Pictured: Donna Karan and patients at UCLA
Q1. Tell us a little bit about yourself. How did you end up in integrative medicine?

It was 1995. I was in my last year in undergrad at Columbia and I needed two electives; I chose Yoga and Mystical Consciousness: East & West. I had never seen the word before, nor did I know how to pronounce it, but, when I read the course description of both classes, I said, "I need this!"

Three months prior, I was hospitalized after for situational depression connected to the sudden and tragic death of my father. Doctors wanted to give me anti-anxiety medication and although I was young, I knew I needed something other than a pill to heal deep emotional trauma. I never took the medication. I decided, that if my thinking got me sick, my thinking could make me well. and began using healing music, laying in the sun for an extended period of time, spending time in nature and exercise. I began to notice the shift in my energy and emotions.

So the Yoga and Mystical Consciousness classes introduced me to meditation and I learned techniques to bring the mind and body back to a state of calm. Back then, there were no yoga studios and meditation wasn’t mainstream. But, the impact was clear to me, even though I didn’t know the science behind it as I do today. Nevertheless, this began my journey of self-care and seeking various forms of healing that we know today have profound effects on well-being. After spending three days in the hospital, I saw people who were dependent on drugs to cope with life's pressures. I vowed that one day I would be in a position to help.

Today, I’m a Reiki Master and Meditation Teacher, an Urban Zen Integrative Therapist, trained to treat Pain, Anxiety, Nausea, Insomnia, Constipation and Exhaustion in a clinical setting using five key eastern modalities, Reiki, Aromatherapy, Restorative Yoga, Contemplative Care/Mindful Meditation and Nutrition. I’m also an Affiliate member of the Northwestern Medicine Osher Center for Integrative Medicine, one of six academic centers in the country, including Harvard and Vanderbilt, dedicated to the teaching, practice and research of Integrative Medicine. I’ve worked as Research Assistant at the Feinberg School of Medicine at Northwestern helping gather data on the benefits of integrative therapies like, massage, reiki, acupuncture, on oncology patients. With the current health care crisis in America, we need change in our overall concept of how we care for ourselves. It’s been a rewarding journey.

Q2. What is integrative medicine?

Integrative medicine is both a philosophy and practice of how healthcare can be most effective. It combines eastern forms of treatment with allopathic or western medicine.

Q3. What is Reiki?

Reiki is a deeply relaxing and revitalizing therapy that stimulates the human energy or biofield to encourage enhanced, integrated functioning of the body’s natural healing system. Pronounced ‘RAY-key’, Reiki is a
Around the U

form of touch therapy that the National Center for Complementary and Alternative Medicine at The National Institutes of Health classifies as “biofield therapy” or energy medicine. Because of its simplicity and fast dramatic results, documented in increasing numbers of research studies, Reiki is one of the fastest growing complementary modalities in the world. Reiki is now used not only by individuals but also in hundreds of hospitals, (including John Hopkins, Northwestern, UCLA) nursing homes, hospices and spas throughout the United States.

During a 60 minute Reiki treatment, the client lies fully clothed on a massage table. Unlike massage, there is no manipulation of muscles or tissue. The Reiki practitioner gently places their hands on areas along the endocrine system, major organs and the chakras, on the front and back of the body. The client often feels warmth from the practitioner’s hands, and after the treatment, clients generally feel a sense of deep relaxation, peace, calmness and greater clarity.

Q4. How do you incorporate your expertise into clinical settings?

Through Urban Zen Integrative Therapy Program founded by fashion icon Donna Karan, (DKNY), we bring the healing techniques of reiki, aromatherapy, yoga, contemplative care and nutrition into hospital and clinical settings to work along side with doctors and nurses to treat some of the main symptoms of illness: pain, anxiety, nausea, insomnia, constipation and exhaustion.

Urban Zen Integrative Therapy was first introduced in a clinical setting at UCLA. Treatments can be done in a class setting and also on an individual base.

Q5. What do you do when you find yourself stressed and stretched for time?

I use a technique called grounding and mindfulness practices to bring me back into the present moment. Deep breathing always works, the breath is an anchor for us. I’m trained in both Mindfulness and Transcendental Meditation - which help to lower the brain waves from beta to alpha, which is a more relaxed state of mind. There’s so many clinical studies on the impact of regular meditation when it comes to lower blood pressure, calming the nervous system, treating post traumatic stress syndrome. It’s the best.

Q6. Where all do you teach classes?

While a native of Mississippi, I’ve recently relocated back to the area. I’m proud to see the advancement in wellness here, as Mississippi faces so many health disparities. I’m beginning classes at Soul Synergy Center and The Jackson Medical Mall, teaching Mindfulness Meditation and Urban Zen Integrative Therapy workshops. I’ll also be offering sessions at UMMC’s new Center for Integrative Health.

Q7. How do you think students would benefit from your classes?

I want UMMC students to walk away with simple tools they can use at any time they feel anxious or stressed. I want them to learn techniques and movements to bring them back into the present moment, sleep positions and essential oils that will help them with insomnia. Mindful movements that will increase circulation and digestion.

I want to empower them with tools to handle whatever life throws at them. I also want to raise awareness of how integrative medicine is the future of medicine and that Future is NOW.

Q8. Any suggestions for students who are too busy to take a class?

Make time. Patient care that lacks self-care is incomplete. We must make time even if it’s 20 minutes a day. I taught at a meditation studio in Chicago and within one year of opening we saw nearly 200 corporate clients who wanted us to teach their top performers how to relax and de-stress. Stress due to busy lifestyles is one of the leading cause of diseases today. There are so many apps out now to help those who can’t seem to break away. Calm and Headspace are two good ones. They help.

Q9. What do you enjoy most about teaching?

When I notice an immediate change in the state of well-being of the person I’ve taught. Sometimes it’s subtle and sometimes it’s dramatic. But, even if they fall asleep, and with today’s insomnia epidemic - especially if they fall asleep, in a session I know I’ve helped.

Q10. What do you like to do outside of work?

I work with Hip Hop artists in social cause initiatives. I’m currently working with Chance The Rapper and his Mental Health Initiative called “My State of Mind.” I’m organizing Hip Hop’s first Wellness Summit in Chicago and here in Jackson, MS. I sit on the Advisory Board of the David Lynch Foundation Chicago, helping bring transcendental meditation into schools in high crime areas. My work is a lifestyle for me. I also enjoy saunas, salt caves, retreats, massage, cooking, museums, and nature.

Q11. What is your favorite...

a. Food? North Indian Cuisine
b. Movie? The Godfather
c. Book? Breaking The Habit of Being Yourself by Dr. Joe Dispenza
The Jackson Lunch Crunch

Some solid blue plate lunch specials you need to know about, updated with the latest joints to spice up your lunch hour.

page 40
The Lunch Crunch

Some of the best rotating blue plate specials in Jackson, all for around $10. Meat and three, what shall it be?

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BULLY’S</strong></td>
<td>Smothered Liver and Onions</td>
<td>Sausage Red Beans with Rice</td>
<td>Spaghetti and Meat Sauce</td>
<td>Baked Chicken and Dressing</td>
<td>Meatloaf with Tomato Gravy</td>
<td>Chicken Tetrazzini</td>
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<tr>
<td><strong>LOGAN FARMS</strong></td>
<td>Fried Chicken Parmesan, Fried Chicken Tender Caesar Wrap</td>
<td>Smoked Pork Loin or Fried Porkchop, Philly Cheese Steak Poboy</td>
<td>Pot Roast or Country Fried Steak, Pot Roast Poboy</td>
<td>Meatloaf or Hamburger Steak or Old Fashioned Patty Melt</td>
<td>Fried Catfish or Baked Parmesan Catfish or Fried Catfish Poboy</td>
<td>Country Fried Steak</td>
</tr>
<tr>
<td><strong>LOU’S</strong></td>
<td>Red Beans and Rice</td>
<td>Crispy Chicken</td>
<td>Meatloaf</td>
<td>Pork Chop</td>
<td>Étouffée</td>
<td></td>
</tr>
<tr>
<td><strong>MAY-FLower CAFE</strong></td>
<td>Lasagna, Stuffed Crab, Hamburger Steak, Fried Pork Chop</td>
<td>Country Fried Steak, Grilled Chicken Breast, Fried Fish Strips, Calf Liver &amp; Gravy/Onions, Roast Beef</td>
<td>Pot Roast Veal Cutlet w/ Cream Sauce, Fried Fish Tenders</td>
<td>Chicken and Dumplings, Crab Meat Patty, Hamburger Steak, Calf Liver &amp; Gravy/Onions, Roast Beef</td>
<td>Calf Liver &amp; Gravy/Onions, Fried Chicken, Fried Catfish, Fried Fish Tenders</td>
<td></td>
</tr>
<tr>
<td><strong>PARLOR MARKET</strong></td>
<td>Smothered Porkchop</td>
<td>Meatloaf and Red Gravy</td>
<td>Butterflied Fried Chicken and Louisiana Honey</td>
<td>Pot Roast</td>
<td>BBQ Ribs or Fried Simmons Catfish</td>
<td></td>
</tr>
<tr>
<td><strong>SALTINE</strong></td>
<td>Red Beans and Rice</td>
<td>Chopped Steak</td>
<td>Chicken Fried Chicken</td>
<td>Pork Chop</td>
<td>Simmons Catfish and Hush Puppies</td>
<td></td>
</tr>
<tr>
<td><strong>WALKER’S</strong></td>
<td>Red Beans and Rice</td>
<td>Baked/Fried Chicken</td>
<td>Smothered Pork Chop</td>
<td>Meatloaf</td>
<td>Fried Catfish</td>
<td></td>
</tr>
<tr>
<td><strong>FINE &amp; DANDY</strong></td>
<td>Bacon Wrapped Meatloaf, Fried Chicken, Catfish, or Veggie Plate</td>
<td></td>
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</tbody>
</table>

* *served all week*
谈镇的话题

附近

Apothecary
T-Sat 5-7 PM: $6 cocktails - daiquiri, jack rose, manhattan, martini, old fashioned, sidecar
Booq
M-F 3-6PM: $1 off craft beer, $4 sangria, $5 house wine and wells, $6 house margaritas, tequila, sangria, $10 mojito flights, $3 tacos, $7 sip trio, $10 slider trio, $5 dessert sampler
Barrelhouse
M all day, T-F 3-6 PM: $3 off wine, $2 off beer, $4 well drink, $5 meatballs
Tuesday scrub day, 20% off for wearing scrubs
Fondren Public
M-F 3-6 PM: $1 off beer, wine and liquor
Hops and Habanas
M-Th 4-6 PM: $5.50 cocktails, draft beer, adult slushies, wine.
small plates: bourbon wings, portobello fries, crispy brussel sprouts, stuffed mushrooms.
Pig and Pint
M-F 3-6 PM, S 11-6 PM: $1 off beer
Sal and Mookie’s Pie Lounge
T-F 11-6 PM: 25% off all beer, liquor and wine
Saltine
Daily, 4-6:30 PM: ½ price draft beers, cocktails, wine.
Sneaky Beans
M-Th, 5-7PM: $1 off beers
Surin
Daily, 4:30-7pm: $2 off beer, house wine, martini. 1/2 off select sushi rolls
Aladdin
BYOB, 10% off meal with UMC ID

耳边

Fine & Dandy
M-F, 3-5 PM: $3.5 beers, $6.5 wine, $7 golden girl, $5 tots, $8.5 pimento, $4 deviled eggs
Gold Coast Bar at Cultivation Food Hall
Daily, 2-6 PM, $6 daiquiri, sazerac, prosecco, house red and white wine
Manship
M-F, 3-6pm: ½ price pizzas, $2 off craft and import beers, 25% off large format bombers, $5 house wine and barrel picks
Library Lounge
M-F 4-6 PM: $2 off all Author drinks and wine, $5 well drinks, $1 off all beers
Lou’s Full-Serv
M-F 4-6 PM: $5-8 cocktails, $5 well drinks, $3 bottled beer, $5 snacks: pork sliders, hot brown fries, salmon crostini
Deep South Pops
Daily, 4-7pm: 2 for $5 popsicles, $1 off beers
Fenians
M-F, 3-7 PM, $1 off all drinks

附近

Iron Horse
M-F, 3-6pm: $1 off pints, $3 MS beers, $4 wells, $5 martinis, $6 house wine, $3-6 appetizers
Parlor Market
M-F, 4-6pm: $5 wines, $5.5 well drinks, $5-$10 meatballs, truffle fries, burger
Ole Tavern on George Street
Daily, 3-6pm: $5 wine and select cocktails, $4-6 small plates, Sunday $17 bottomless brunch cocktails
La Cazuela Mexican Grill
Sun-Th, 3pm til close: 2 for 1 house margaritas
El Charro
Mon-Th, 4-8pm: 2 for 1 flavored margaritas
Martin’s
Mon: 2 for 1 drafts, Tues: 10p -12am $2.25 margaritas, Sat: 11a-2p: $3 bloody marys
Hal and Mal’s
Daily, 4-7p: $1 off all draft beer, domestic, cans, wells
The Bulldog
M-F, 11a-7p: 50 cents off pints, $1 off pitchers, $1.50 off house wine, double drinks for the price of a single
Pop Culture Serotonin

Want to know what’s making us happy in pop culture? We’ve collated recommendations for everything from TV shows to Instagram pages to must-see clips on YouTube.  

page 50
#5 Red Dead Redemption 2 (PS4, Xbox One)
Outlaws, covered wagons, revolvers, and all the yee-haw you could ever want from a video game, RDR2 was a long-awaited title by developer Rockstar. This open world title has been called the Western-themed Grand Theft Auto. The game’s bounty system prevents you from being the full-on cowboy you might want to be, and despite its open world concept, the story missions must be completed in very specific ways in order to be passed. Despite my criticisms of the game, there’s no doubt that RDR2 has been a favorite of 2018, and if the idea of riding off into the sunset and robbing trains makes you wanna don your favorite pair of spurs, then this is a title you shouldn’t miss.

#4 Super Smash Bros. Ultimate (Nintendo Switch)
There are few people I know that haven’t played Super Smash Bros. at some point in life, and if you have a fond memory of launching Yoshi across the map with Samus’s blaster gun or spamming “Falcon PUUUUNCH” until your (ex-) best friend never wants to speak to you again, you’ll love Ultimate. Every single fighter from all previous titles is present (SEVENTY. FOUR. CHARACTERS.) and 103 different stages are here, and it’s definitely the best way to enjoy Smash. Despite a semi-clunky and subpar online system, a full single player experience lasting over 20+ hours helps make up for some of the flaws this title brings with it. If you have a Nintendo Switch, you do yourself a disservice by not owning Ultimate.

#3 Celeste (PS4, Xbox One, Switch, PC)
Taking a step back from pistols and punching, Celeste is an indie game with lots of meaningful content. In this pixel-style platformer, we follow a young girl named Madeline as she climbs a physical and metaphorical mountain; Celeste deals with heavy topics like depression and anxiety as Madeline attempts to face her mental illness while still keeping the experience fun and challenging in a way that will keep even the most experienced platforming experts on their toes. I can’t recommend Celeste enough. The whole experience lasts around 8-10 hours making it great for a busy student, but its impact lasts much longer.

#2 Spider-Man (PS4)
The superhero trope seems to be oversaturated these days, but this PS4 exclusive (sorry PC and Xbox folks...you won’t like the next title either) is worth your time. Spider-Man is an open-world title done right. I spent a couple of hours swinging around Insomniac Games’ fairly accurate interpretation of NYC without any other intention and had the time of my life. Combat is engaging, the story is well-told, the graphics are something to — and I’m so sorry — “marvel” at, and the side missions are interesting enough that you’ll probably want to 100% the whole dang thing for that sweet, sweet platinum trophy. The stealth sections with Mary Jane are a bit bland, but they don’t overstay their welcome. Even if you’re not a big fan of superheroes like myself, don’t be surprised if you find yourself sewing up your own Spidey suit after some time in Marvel’s Spider-Man.

#1 God of War (PS4)
Epic Norse mythology and bloody ax-swinging oddly accompany a deeply personal and endearing story in Santa Monica Studio’s Playstation exclusive, God of War. Although this is the seventh title in the franchise, God of War works as more or less a stand-alone title. Kratos, the main protagonist, and his son Atreus embark on a journey to scatter their wife and mother’s ashes on top of the tallest mountain in the realm after her recent passing. The visuals and combat appropriately meet the scope of gods, but it doesn’t overshadow the personal father/son story of growth and family; Kratos and Atreus’s personalities clash almost as hard as your ax slashes through enemy after enemy throughout the 20+ hour experience. God of War is a true work of art and easily landed itself in my personal top 10 games of all time. This is a game worth putting down your pharm flash cards in order to escape your responsibilities for a good time you’re likely not to forget for years to come.
Defrost your hearts after those depressing winter movies, and spring into Spring with a funny, lighter, and more optimistic film. For the past year or so, Hollywood has been diligently releasing movies based on real events or memoirs, and I can’t get enough of these hearing true stories that should be shared with everyone. This is especially true in this charming and delightful dramedy starring an unlikely pair in Kevin Hart and Bryan Cranston playing a much more toned-down version of the roles you’re used to seeing them in. Peculiarly reminiscent of a happier and more heartwarming version of Me Before You, this story is more focused on finding an unlikely friend, learning how to trust and be vulnerable again, and believing in someone when no one else does, I promise, it’s not Me Before You, even though that description fits that story too, even though, yes, I must admit, there is some romance in The Upside too.

Hart is hilarious, as expected, but in a way more family-friendly format as he plays Dell, a parolee who is desperate to win back his son’s affection, love, and respect but lacks the motivation and confidence to find a job. When he unintentionally lands a position as the live-in caretaker of Philip Cranston, a millionaire quadriplegic, both his and Philip’s lack of values and trust are tested as the two opposites challenge each other to change their ways, their minds, and their views of each other and of themselves as they remind each other that life is short and of the importance of taking risks to live life to the fullest. While Dell forces Philip to face his fears of confronting his pen pal and take a leap of faith that he will see beyond his handicap, Philip gives Dell the opportunity to reconnect with his family by taking a chance on him and his ventures when no one else will due to his criminal record and most of all, his attitude. Slowly, they begin to see the parts of each other that hide behind a stout façade and learn more about each other’s pasts that shaped who they are now. And when both want to give up, they instead hold each other up.

Praises to the heartwarming nature of this true story of friendship filled with humor and meaning complete with adorable chemistry between Hart, Cranston, and Nicole Kidman. Not so impressive were the oftentimes anticlimactic seemingly pivotal plot twists and very vague nature of the ending, leading me to wonder how much of the storyline was dramatized for viewing purposes and how much of it was true.

**SHANU MOORTHY AND JOYCE**

3rd year | Medicine

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**CRITIC’S CORNER**

A REVIEW BY SHANU

---

1st March

Alex Cross

1 off-key

5 _ - song (final performance)

9 in the distance

13 Drops

17 Ethel in “Gypsy”

18 Staff officer

19 in areas

20 After hard on water

21 Field

22 Manitoba tribe

23 The Four (50s group)

24 Daibolicol

25 Score’s on’s

27 Bell the cat

31 Principles

31 Towel word

32 Slender

33 Make corrections

34 guitar

37 Be prolific

38 Of the utmost urgency

Saline drop

1st March

Across

1 Ginger’s “Top Hat”cocktail

44 Unfilled

45 “Meet John”

46 Overhead tram

47 Take a tumble

48 Home run, informally

49 Casino draw

56 Makes happy

58 Soapbox racer’s start

58 Hammer parts

59 Cobb’s cobbler

56 Nibble on forage

57 By means of

58 Like many negociates

60 Put one’s finger on

61 Billy Pilgrim’s Trallamador companion

65 Animal hide

66 Dill swill

67 Velocity

68 Cartoon Chihauhuahua

69 Novelist Levin

70 Single

71 Links cry

72 Full _ (maximum)

73 Urban abode

75 Sigher’s word

77 Hawaiian goose

78 Limo passengers’ destination

79 Verum Corpus

80 Leave high and dry

82 Legal equal

84 Elated

85 Roberts of “Star 80”

87 Cleveland’s waterfront

91 Pagan god

93 Vetch

94 _ up (con- tained)

95 Gather no moss

96 First name of NASCAR race

97 Spicy stew

98 Danson and Turner

99 Looks at

100 Yemen seaport

101 Require

Down

1 College gp.

2 Erudition

3 Really confused

4 Pedagogy

5 “Uncle Tungsten” author

6 Wild bird’s perch

7 Lemon refreshers

8 Taunted

9 False

10 Helen’s launched 1,000 ships

11 Had a meal

12 Medical position

13 Catalyze causes

14 Volcano-eruption

15 Bittersweet covering

16 Some tooth pastes

18 Be miserable

30 Goal

32 Permeate

33 Remove a mistake

34 Part of a procedure

36 Recount

37 Nonchalance

39 Baseball Hall of Fame

Speaker

39 Dinner dish

40 Unemployed

41 Time of short shadows

43 Secrets

44 Guitar bar

46 Bonfire

47 Nicholas or Alexander

48 Make steady

49 Theater unit

51 Defend a hood

52 Everglades

53 Source of pitch

55 Glimmer

56 Show of hands, e.g.

57 Roulisserie part

58 ___ goes nothing

59 Dash

60 Liable to

62 God of war

63 Diva’s solo

64 “Old Curiosity Shop” heroine

65 “Indy 4” crepewasters

66 Popular party guests

67 Shy

70 Response from the flock

71 Sunshine State

72 “...Makes, The World Takes”

74 Passes a law

75 “Come as You Are”

76 Female reproductive cells

78 Skin

79 Actress Karen

80 Equinox in.

81 Renewable resource

82 Fruity delirium

83 Heap

84 Shoe part

85 Narrative

86 Perry’s creator

87 Like a useless battery

89 Caviar base

90 Willy, to Biff and Happy

freedailycrosswords.com

Solutions
Need to Know

**EDDIE MAC**

**WHAT** - Miranda Sings covers "7 Rings" by Ariana Grande

**WHERE** - Youtube

**WHY** - Miranda Sings is one of those things in pop culture that I don't think everybody gets, but I'm an unapologetic fan. Colleen Ballinger's overly-confident untalented Miranda character has tried all the YouTube tropes, but she shines best when she's covering songs, especially by Ballinger's actually real life close friend Ariana Grande (a very pregnant Ballinger can be seen in the video for "thank u, next"). Ari's song is about confidence and camaraderie, but it's also about excess and indulgence, and who's more confident and excessive than Miranda Sings? As true Mirfandas know, Ms. Sings is "a good girl," so watch how she changes some of Ari's saltier lyrics to suit her clean image. You'll laugh, I promise.

**MARY MOSES**

**WHAT** - Celebs on Sandwiches

**WHERE** - Instagram

**WHY** - What do all of today's A-listers want? You know beside stopping their face from aging, finding true love, eternal happiness & all that jazz? To be water-colored atop their favorite sandwich, of course! Fallen behind on your twitter and instagram feeds? Let me catch you up. Many of the mighty celebrities have fallen to fangirl over being tapped into the not-so-secret society of being etched forever into the archives of the Celebs on Sandwiches or even worse they put themselves on the line to beg to featured. This trend was spearheaded by Kat Dennings helping out fellow sandwich-lover Jennifer Garner whose painting atop a peanut butter and honey sandwich on wheat helped take this biz to E!news level viral. Go take a scroll and feel the weird satisfaction of seeing the "celebs on sandwiches". You can even purchase one for yourself or a friend!

**Hannah**

**WHAT** - Queen America

**WHERE** - Facebook Series

**WHY** - Queen America is a dark comedy web series created by Meaghan Oppenheimer and produced by an all female production team. The series is based on the Miss Oklahoma pageant and follows Samantha Cole (actress Belle Shouse), an unpolished contestant who wins the title by default, and Vicki Ellis (actress Catherine Zeta Jones) as they prepare for Nationals. Catherine Zeta Jones is completely brilliant and was made for this role! I watched this on a whim after a friend of mine served as an "expert contributor" for producers, and was ever-so-pleasantly surprised. This series goes beyond the main plot to highlight struggles with depression, eating disorders, economic anxiety, and homogenized beauty standards. While I had strong doubts about Facebook's ability to produce a bingeable, Netflix-worthy show, I watched all ten episodes in one weekend.

**WHAT** - We Must All Band Together to Fight for What’s Fair” essay by Serena Williams for IWD

**WHERE** - fortune.com

**WHY** - Whether she was your favorite player or not, Serena Williams was an icon for all of us who grew up playing competitive tennis in the early 2000s. She was strong and successful and defied the laws of aging and societal standards with the pace her career maintained. Today in 2019, that continues to hold true as she, to use her words, “triumphs in both arenas” as the all-time winning female champion and a first time mother . This past International Women's Day Williams published an essay sharing her research with SurveyMonkey aimed to “better understand the adversity American women face when it comes to balancing their professional and personal lives” and recounts in detail her personal sacrifices made toward achieving both goals. The data quantifies the overextension women are experiencing, and she states that while she thinks "all women are superheroes, we are not superhuman," and emphasizes the need for a good support system and champions the progress made towards gender equality. Read the tennis champion’s wisdom.

**WHAT** - Instagarten

**WHERE** - Instagram

**WHY** - If you are an Ina Garten fan, this one’s for you. If you aren’t an Ina fan, you are now required to watch at least one season on the Food Network. I promise you’ll change your mind. She is witty, known for her use of prime ingredients, lives in a fabulous Hamptons home, and is practically perfect in every way. The Instagarten account is dedicated to parodies about Ina and the love of her life, Jeffrey. Posts are often themed with surrounding holidays or pop culture happenings, but the captions alone are enough to give you a good chuckle, even on a Monday. Just remember, if you don’t have grass-fed beef that you raised on your own Hamptons farm, store bought is fine.

Welcome to PCS, where we discuss everything that’s making us happy from recent popular culture and where you can find them.