



Footnotes

Editors-in-Chief: Ali D'Andelet and Amy Kruger, CPMS-2015

Legacy

By Christopher Martin, IPMSA President, CPMS-2015

I can't help but sit here and think to myself what it was like a year ago when all I had was a set of physiology notes in front of me to worry about, and James Whelan was in the shoes that I now must try to fill. As I transition into the role that he once filled, I realize just how much he went above and beyond the minimal job requirements. He didn't just perform the tasks listed under "IPMSA President" in the DMU student handbook—run monthly meetings, guide the scheduling of CPMS events, and reply to more emails in a day than most of us receive in a week—he set a new standard for the job.

I find myself unable to fully illustrate all of the improvements that he has made. These improvements are not only affecting the current state of CPMS, but also its course into the future. Much of what will occur in the forthcoming year will be due to James' diligence in his role as IPMSA President. In his tenure, we have seen the advent of the CPMS timeline, a monthly PDF which organizes and documents forthcoming CPMS events. Information that was once scattered throughout many emails and meeting minutes is now consolidated in one central and convenient file, allowing students to stay informed of all the exciting and educational club opportunities available to students within CPMS.

Instead of criticizing the lack of board score reporting among all podiatric medical schools, he confronted one of the roots of this problem: the quality of students being recruited to the profession. James worked to create a letter to be sent out to undergraduate advisors with the hope that it would help intrigue top scholars, further improving the quality of students that podiatry schools attract.



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As I'm sure some of the current applicants are willing to attest to now, it's already working! But, the real benefits of these letters will not be revealed for many years. Once more of these undergraduate mailers start to circulate amongst various undergraduate institutions and more students opt into the admissions process, we'll really notice the difference. An "A" in Pharmacology may no longer be obtained by the few, but may instead become the norm, and having one student run for each club officer position could become a thing of the past that is looked back on and laughed about. Due to these mailers, DMU, as well as the other 8 schools of podiatric medicine, could notice the increase in student quality.

Continuing his lasting impression on DMU, James has laid the groundwork for Pi Mu Delta, a fraternal service organization. Intended to complement Pi Delta (our academic fraternal organization), Pi Mu Delta will recognize and honor students that reach out to the greater Des Moines area to improve the lives of others. Community service has always been a cornerstone of DMU, and hopefully this organization will challenge students to reach out even further to help those around us. It should be our goal that we never stop improving.

Editor's Note: On top of all the other contributions James has made over the past year, Chris is excited for everyone to see what James has in store for the upcoming APMSA Basketball Tournament being held at DMU!

As the details are finalized in the coming months, student will be able to start applying for this honor.

After highlighting just a few of the far-reaching advancements pioneered by James Whelan, I hope that you can join me in appreciating all that he has accomplished in just one short year as the IPMSA President. There is a bright future ahead for CPMS, and I hope that the forthcoming classes will one day be told of the legendary James H. Whelan...James, we thank you.

Steps to Recovery: A Workshop on Athletic Injuries & Rehabilitation

By Jared Scherr CPMS-2015

On Friday, January 11th, AAPSM and the DO/DPT Sports Medicine Club co-sponsored a workshop featuring lectures and a hands-on lab about athletic injuries and rehabilitation. Dr. Kevin Smith, DPM, began the event with lectures about three podiatric surgical cases: a Jones fracture, an Achilles tendon rupture following tendinitis, and a navicular fracture. The focus of these lectures was to be able to recognize the pathologies on diagnostic images, as well as learn about the different surgical techniques and procedures used in each case.

Dr. Alisa Drapeaux, DPT, is a physical therapist specializing in sports medicine who currently practices in Ankeny. She has also worked as an athletic trainer for the University of Iowa. Dr. Drapeaux worked through each of the topics Dr. Smith had presented on and explained the different physical therapy tools and techniques, steps of recovery from injury, and timing of recovery regarding each pathology. A demonstration of a basic athletic ankle taping job was performed by Dr. Drapeaux as well.

Students who attended the workshop were also able to practice performing athletic ankle taping techniques on each other. Ankle taping is excellent for activities that require versatile and



A few students practicing their excellent ankle taping skills!

forceful movements, such as basketball, soccer, and football games. These are all examples of situations in which athletes might need taping to achieve maximal support and stability. Anecdotally, while the other students could easily rip the athletic tape into strips, Adam Grahn, CPMS-2015, needed a pair of scissors to cut the tape.

AAPSM would like to thank Dr. Smith and Dr. Drapeaux for taking time out of their busy schedules to come and inform us about this topic. Also, AAPSM thanks the DO/DPT Sports Medicine Club for their collaboration in organizing this event. It was a success!

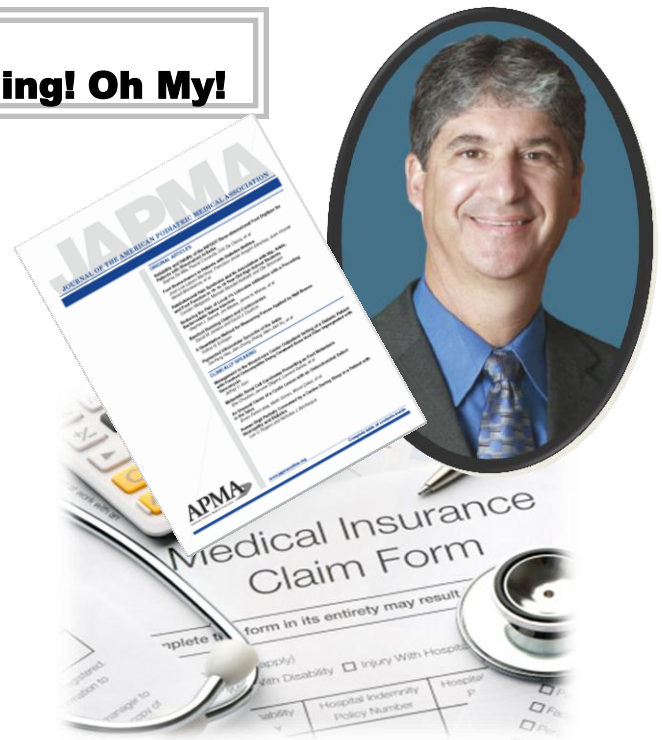
PPMJC Update: Malpractice, and Journals, and Billing! Oh My!

By Ellie Bernard CPMS–2015

On Friday, January 11th, PPMJC hosted Dr. Ross Taubman, DPM, to speak to students about malpractice insurance. Dr. Taubman is the President and Chief Medical Officer of PICA, the Podiatry Insurance Company of America, which is the nation's leading provider of liability insurance for podiatrists. He explained why malpractice insurance is important, and discussed the various options of insurance plans that are commonly chosen by practicing podiatrists. Much of the presentation was focused on the importance of scope of practice in different states, and how it affects malpractice liability coverage. Dr. Taubman included a case scenario to illustrate his points and engage the attendees. His presentation was well-received, and we look forward to having him back next year, if possible.

Additionally, Journal Club continues to be held in the Bako Classroom each month. Recent presentations from 3rd year podiatry students have focused on interesting and relevant journal articles. The latest presentation featured discussion from Matt Gorski and Ross Bartley on lateral ankle instability and the arthroscopic-assisted Brostrom-Gould procedure. We are still looking for presenters for the months ahead, so contact PPMJC officers if you are interested—presentations are not limited to 3rd years. Any student can present on topics that they find interesting!

Furthermore, Methodist Journal Clubs are still held in the Dorner Classroom at Methodist Hospital at 5:30 pm on the last Wednesday of each month—the next meeting will be held February 27th. Upcoming PPMJC events include the possibility of another case presentation with the Drake Law students on malpractice issues and a billing and coding presentation by Dr. Phillip Ward at 12 pm on February 25th. Non-members are welcome to attend any of our speakers, so don't be shy!



Two Miles Closer To a Cure

By Alyssa Fagg CPMS–2015

The Juvenile Diabetes Research Foundation (JDRF) Walk to Cure Diabetes is a tremendous opportunity to show your support for those living with Type 1 diabetes and to help raise funds for their research. More than 30,000 people in the United States, both children and adults, are diagnosed each year. Because of the prevalence of this disease, the greater Des Moines area JDRF Chapter chooses to host this walk as one of 225 sites nationwide.

As a participant in last year's walk, I can tell you what to expect from this event. The walk takes place in Des Moines' famous skywalk system, which is perfect for Iowa's chilly winter morning. Walking the two mile course, you notice just how extensive the community of families, volunteers, and donors really is. The mass of people (last year's walk had more than 8,000 participants) helps you truly understand the reasoning for the staggered start—I don't believe that I've ever seen that many people out in the skywalks before!

There are various groups in costume, volunteers lining the passageways with freebies and advice, and current patients with Type 1 diabetes. This walk is such an uplifting experience and serves as an example of how passionate the Des Moines community is about fighting this serious disease. With our hectic schedules as podiatry students, it's hard to remember why you're doing what you're doing. This is a great opportunity to take a step back and remind yourself of some of the reasons why you chose to go into podiatry. In fact, after the walk, I couldn't wait to get back to the books. I know that the better I learn the material now, the more I will be able to help patients like these. It also just so happens to be a great chance to experience and explore downtown Des Moines' convenient skywalk system!

As a former JDRF participant, I can tell you first hand that this is a phenomenal event that allows you to walk with your friends and faculty for a wonderful cause. I look forward to doing the JDRF walk again this year and I hope to see everyone at the Downtown Des Moines Marriott at 8:30 am this Saturday, February 16th!



The DMU-CPMS Team before last year's JDRF Walk

Editor's Note: If you want to participate in the JDRF Walk, the DMU CPMS team can be joined by going to:

<http://www2.jdrf.org/goto/DMUCPMS>.

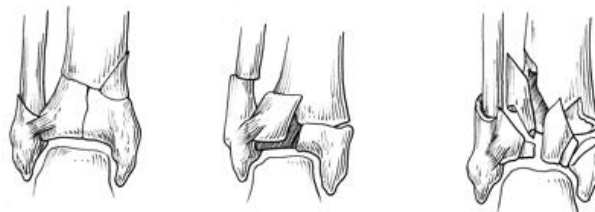
Donations to the team can also be made by following this link!
Contact Ali D'Andelet with questions or for more information.

The Sweet Side of SCACFAS

By Jordan Gardner CPMS-2016

Each month, SCACFAS presents two videos on surgical procedures to its members. As the club's first year liaisons, Sara Grzywa and I prepare a brief overview of the procedure and provide some clarification to challenging terms and conditions that the videos present. The videos are high-quality and recorded in an instructional manner to teach us some basic and not-so-basic techniques we are bound to see in our future as practicing physicians. If there is any type of podiatric surgery you are interested in learning more about, we always highly encourage suggestions. So far, we have seen videos presenting such procedures as bunionectomies, internal fixation, transmetatarsal amputation, and even a Pilon fracture external fixation.

What is a Pilon fracture, you may ask? Stay tuned for an email that our club President, Brandy Hooper, sends out each month before the presentations. This month we will be observing the second procedure to correct a Pilon fracture, as well as another intense surgical procedure. If this has not caught your interest yet, consider the words of Nathan Shumway, CPMS-2016: "I found the videos to be very educational and informative, and they make me hungry to learn more about the procedures done in the field of podiatry today." If that doesn't entice you to come and participate in these great events, maybe you will find interest knowing that SCACFAS provides those all-too-good DMU cookies during the video. We hope to see you at noon on February 14th!



A **Pilon fracture** occurs at the tibial plafond and often involves additional fracturing of the tibia and fibula near the ankle joint. Typically these fractures are the result of a high-energy crushing impact (like a car crash), which explains its etymology from the French word *pilon*, a pestle used for crushing.
Information taken from the American Academy of Orthopedic Surgeons

AAWP's Stand for Self-Defense

By Ali D'Andelet CPMS-2015

Statistics compiled by the FBI show that there has been a steady decrease over the last five years in violent crimes (an overarching category including murder and non-negligent manslaughter, forcible rape, robbery, and aggravated assault). However, despite this promising news, there were still 1,203,564 violent crimes reported across the United States in 2011. While none of us lives our life anticipating an attack, it never hurts to have an arsenal of knowledge to protect ourselves. But where does one acquire this kind of knowledge? If someone were to sneak up behind you and grab your wrist, would you know how to break their grip on you? If you were pinned on the ground beneath someone twice your weight, would you be able to escape?

In order to help educate CPMS students about how to avoid being the victim of a violent crime, Dr. Roger Drown has taught a self-defense workshop at DMU for the last seven years. Dr. Drown graduated from CPMS in 2009 and recently completed his residency training at Iowa Methodist Medical Center. While his podiatric prowess is impressive, it isn't what qualifies him to teach self-defense techniques. Before attending DMU, Dr. Drown was a police officer for thirteen years, and he continued his service part-time for an additional six years while he was in school. The workshop originated as part of a series of COM-sponsored events for Rape Awareness Week in 2005, and continues to be a highly anticipated event on campus. Dr. Drown returns every year to teach this workshop at DMU because of the opportunity to reach out to a variety of people and provide them with the tools to help in a dangerous situation.

Based on his past experience, people attend this workshop for many reasons. Some attendees were interested in learning a couple moves, while others have been (or are currently) victims of domestic abuse. Some just come out for the exercise it offers (fair warning- this is not a passive class and you will likely be a little sore the next day).



Participants in last year's workshop-Dr. Drown is pictured at far right

Regardless of the reason why people come out to this workshop, Dr. Drown hopes that all participants, despite their background or their perceived abilities, will leave the workshop more aware and prepared so they do not have to be a victim. He continues to come back because it is a chance for him to give something back to the community, and considers it worth his time and effort if it helps just one person. And it doesn't hurt that the workshop helps him keep his skills sharp now that he isn't teaching other officers or using them regularly on the job.

While AAWP sponsors this event, don't let that scare you away if you're a guy—you may recall that our club is actually called AAWP & Friends (and we have a record number of male members this year). Additionally, this event has always been open to anyone who wants to participate—this means all DMU students, faculty, and employees, as well as their families and friends are welcome. It is important to remember that women are not the only ones who are victims of violent crimes. "Knowledge is power" may be a cliché, but it is popular because it is true. You might look like a professional body-builder, but if you don't know what to do with those muscles during an attack, your time at the gym may have been better spent watching some crime shows on TV.

If you are interested in learning some tips about how to defend yourself, looking for some self-empowerment, or even just want to get some exercise, I would encourage you to come to this workshop in early April. Keep your eyes open for more specific information regarding the date and location in the next few weeks.

Becoming the Dream: Working Toward Cultural Competency

By Cindy Lin CPMS-2016

In the United States, Black History Month is celebrated every February to promote recognition of important African-Americans and their contributions, as well as significant milestones in African-American history. Here at DMU, there are ongoing events during the month of February that serve to enhance awareness of Black History Month. The DMU celebration kicked off on February 1st with Blane Harding, a professor from the University of Kansas, speaking on the topic “Becoming the Dream: Rethinking Diversity in the 21st Century”.

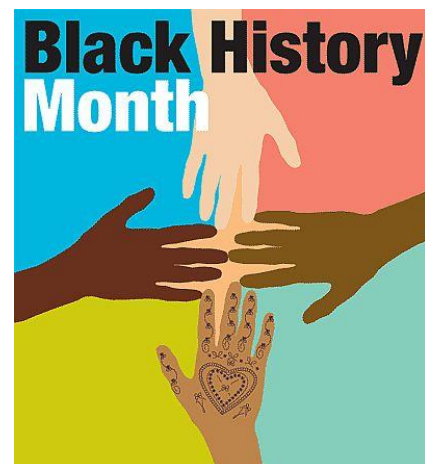
According to Professor Harding, Black History Month is more than just a month associated with Martin Luther King, Jr., slavery, freedom, and the civil rights movement—it is a month in which people should identify and establish a vision of a healthier world, one in which inclusion (and not exclusion) is the standard by which we will be judged. Professor Harding went on to challenge the audience to expand our comfort zones. In terms of cultural competency, this expansion refers to having respect for other people and who they are, rather than trying to learn every little detail about everyone’s culture. As stated by Professor Harding, “becoming the dream” means that we will accept the personal responsibility to live up to our obligations to others and to ourselves. It is a personal concept that places a burden and responsibility on each and every one of us—we all need to realize the importance of cultural competency and the necessity of our involvement.

In a culture where the golden rule (“treat others the way you would like to be treated”) seems to be a predominate mantra associated with equality and justice, Professor Harding posed a different point of view. We can’t simply treat others as we wish to be treated, we should treat others as *they* wish to be treated. Treating people equally does not mean treating everyone the same, but rather treating them differently.

The application of ideals is what separates cultural awareness and cultural competency. In order for one to become culturally competent, Professor Harding declared that we need to understand not everyone needs to assimilate, but instead can integrate through cultural pluralism. Additionally, he mentioned that individuals need to make the choice themselves whether to integrate by assimilation or pluralism and we cannot identify that choice based on the way that they look. Regardless of how one identifies, we must treat others equally.

Professor Harding touched on the dichotomy between being color-blind and color-conscious. He mentioned that we cannot live in a color-blind society—we need to be color-conscious because of the fact that it matters for some people. It is our responsibility to respond appropriately to people who come to see us as health care professionals based on who they are and how they identify themselves. We need to learn how to treat the individual within a cultural context: that is to say, for some people the individual is more important than their culture, but for others, the culture is more important than the individuals.

Studies have shown that culturally aware health care improves access to health care services and improves health outcomes for groups from minority ethnic backgrounds.



This begins with showing respect for the individuals we work with and learning about other cultures. Developing cultural awareness is not a passive process, it is an active one. This requires constant reflection on the part of the health care professional as they interpret their experiences with patients. Professor Harding mentioned that there needs to be a willingness or desire of health care professionals to welcome exposure to clients from alternative cultures. This is extremely important because health beliefs, levels of understanding, and expectations of treatment outcome all differ according to one's culture. Professor Harding brought up many thought-provoking ideas and questions that challenged everyone in the audience to actively think about diversity and what moving towards cultural competency in the health care field looks like.

Cultural Corner: African Americans in Science

By Ebonie Vincent CPMS-2015

African Americans have always practiced medicine, whether as physicians, healers, midwives, or "root doctors." However, despite this long history of protecting the health of others, the journey of the African American physician from the antebellum era to modern-day America has been a challenging one. Early black pioneer physicians not only became skilled practitioners, they also became trailblazers and educators who paved the way for future physicians, surgeons, and nurses, opening doors to better health care for the African American community.

A notable name among these pioneers is that of Dr. Charles Drew. Charles Richard Drew was born on June 3, 1904 in Washington, D.C. He grew up to become a physician, surgeon and medical researcher, receiving his M.D. from McGill University in 1933. He performed research in the field of blood transfusions and developed improved techniques for blood storage. He then applied this knowledge to develop large-scale blood banks during World War II, allowing medics to save the lives of thousands of men who were part of the Allied forces.

The events for DMU's Black History Month are jointly sponsored by Multicultural Affairs, Student Services, Center for the Improvement of Teaching and Learning, Community Relations, DMU Library, SNPMA, and the Multicultural Affairs Student Advisory Committee. I would encourage everyone to attend at least one event because it will truly challenge you to think about diversity and cultural competency differently. The next event will be at noon on February 20th, when two of SNPMA's officers (Grace Ouyang and Ebonie Vincent, CPMS-2015) facilitate discussion of Zora Neale Hurston's poem "How it Feels to Be Colored Me". This event will be taking place in the SEC Admissions conference room, and pizza will be provided for the first 20 students who RSVP. For more information, please contact Dr. Rich Salas at Rich.Salas@dmu.edu.



The most prominent African-American in the field, Drew protested against the practice of racial segregation in the donation of blood, because there was no scientific foundation to support the practice. However, the ruling for segregation stood, and resulted in Drew's resignation.

In 1943, Drew's distinction in his profession was recognized when he became the first black surgeon selected to serve as an examiner on the American Board of Surgery. Drew remained active in the medical field, serving as the chief surgeon at Freedmen's Hospital in Washington, D.C., until his untimely death in 1950.

The amazing legacy of Dr. Charles Drew continues to live on, evident in copious tributes including a postage stamp in 1981, a memorial bridge in his hometown, and medical buildings across the country, such as the Charles R. Drew University of Medicine and Science in Willowbrook, CA.

To learn more about Dr. Charles Drew, you can visit:
<http://profiles.nlm.nih.gov/ps/retrieve/Collection/CID/BG>

Transitions: Thoughts of a Third Year

By Amy Kruger CPMS–2015

To find out what happens when we leave the classroom, I asked Amber Wibbels, CPMS-2014, some questions to pick her brain.

How does your current schedule compare to your first and second years?

You do have more time for yourself because you're not spending hours in lecture. However, that free time can be deceiving because you are expected to study and learn information on your own before PBLs. While I still don't have much of a life (due to my daughter Kali's busy schedule), most of my classmates feel like they have more free time on their hands.

With whom/where have you rotated so far?

I have rotated with Drs. Lee and Frerichs at Capital Orthopedics, in the DMU Foot and Ankle Clinic with Drs. Feilmeier, Mahoney, and Yoho, and in the Sim Lab. I am with Dr. Frush now.

Have you been pimped by an attending yet? If so, did you know the answer? How did you handle it when you didn't know the answer?

I have been pimped during my outside rotations. Sometimes I knew the answer, sometimes I didn't. It is important to realize that you're not going to know everything and, as a student, clinicians won't expect you to. That being said, don't worry if you don't know the answer. When I don't know, I tell them that I'm not sure, but will have the answer the next day. Then, when I go to tell them, they usually forgot they asked me and are just happy I took the initiative to look it up.

What advice do you have for the 2nd years when they start clinic this summer?

My best advice is to know your lower limb anatomy. Other than that, focus on studying for boards.

If you could have known one thing before starting clinic, what would it have been?

I would have liked to know how incredibly pertinent the information you learn during your second year classes is to what you will be doing in clinic.

How does clinic match up with any expectations that you may have had 1st or 2nd year? When I started clinic last summer I really didn't know what to expect. I quickly realized that I don't really know anything, despite being able to somehow pick the correct answer on a test for the last two years.

Where are you rotating next year? Why?

My clerkships are: North Colorado Medical Center (Greeley, CO), Norton Audubon Hospital (Louisville, KY), Henry Ford Macomb Hospital (Clinton Township, MI), St. John Hospital (Detroit, MI), Regions Hospital (St. Paul, MN), and Hennepin County Medical Center (Minneapolis, MN). While I wish I could share a particular method for picking out clerkships, I have to be honest—my selections were based mainly on location.



Amber and Kali this past August

I also interviewed Amber's seven year old daughter, Kali, to see how Amber's transition affected her.

Does your mom have more time to be with you now than she did last year?

No—she has always made sure we have time together. But now she gets to do more stuff with me, like help coach my basketball team.

Does she seem like she's less stressed out?

No, she only ever gets crabby when I'm not listening and being bad.

Does your mom seem happier and more excited to go to school this year?

Nope. She still wants to go to my school.

Do you have anything else you want to share?

Feet are gross and smelly!

DMU Alumni Profile: Getting to Know Dr. Gina Ruesch, Class of '01

By Krista Thompson CPMS-2016

Where are you from, where do you work and how long you have worked there?

I grew up in Worthington, Minnesota. I currently live in White Bear Lake, and have been employed by Health Partners in St Paul, MN for 9 months. Before that, I worked at Veterans Hospital in Minneapolis.

What do you feel is or was the largest challenge in your work, life, or residency?

Insurance companies—while medical school prepared me to be a physician, it didn't prepare me to be a business person.

Do you have a specialization? If so, what is it and why did you choose that?

My residency was a PPMR/PSR12, so I became board certified in primary care. Since joining Health Partners my practice has been devoted to nonsurgical/sports medicine of the foot and ankle.



Editor's Note: The PPMR was a one year primary podiatric care residency, while the PSR-12 was a one year surgical residency. After completing the PSR-12, one could sit for the forefoot boards.

What is your favorite memory of Des Moines?

I rented a room from a family in Des Moines while I was in medical school, so it is always fun to go back and visit them.

What are your hobbies?

I enjoy traveling, spending time with my husband and 6 year old son, attending sporting events, and reading.

What are some of your goals for the future?

I want to continue to make podiatry/foot and ankle medicine mainstream. Podiatric students graduating today are the best physicians trained in foot and ankle problems, and we need to continue to show our medical counterparts that we are equally competent.

What advice would you give to people just starting out in the profession?

I tell all students that shadow me to make sure you enjoy the profession prior to going to medical school—you are investing a lot of time and money to become a physician. I enjoy going to work every day and my patients can see that which also makes them happy.

If you were stranded on a desert island what three things would you want with you?

Matches, a water purifier, and corn to plant (I would plan on staying there forever and enjoying the peace and quiet).

Faculty Spotlight: Shining a Light on Dr. Kevin Smith

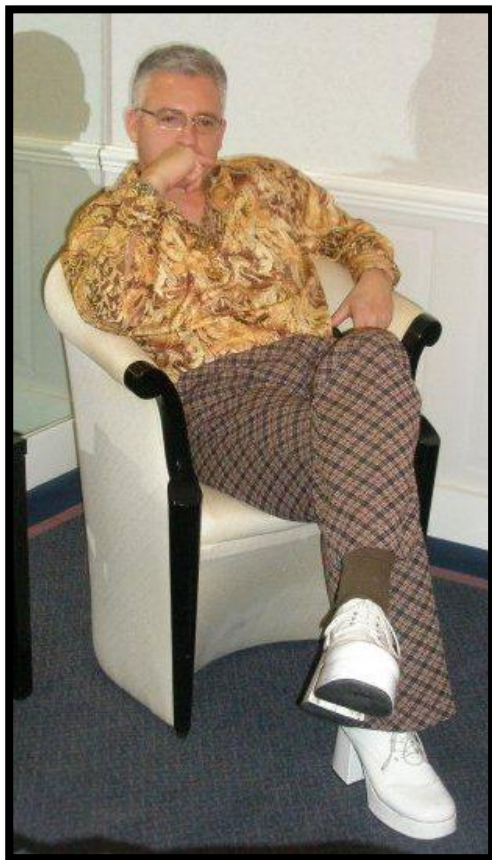


By Jason Birkel CPMS-2015

In Duncannon, Pennsylvania a police officer knocks on the door of a single mother, to take her eleven year old son off to military school. The boy is considered a juvenile delinquent by the courts and his bags are packed. Speaking with the mother, the police officer quickly realizes that this is a good family. He sees a concerned mom who is often absent from home, working two jobs to put a roof over their heads. In the boy, he sees someone with few positive examples and no direction—but a lot of potential. Instead of taking the boy away, the officer decides to go to the judge to give the boy another chance. Truthfully, the boy is guilty of no serious crimes—only mischief and having too much free time. The judge ends up switching the sentence to several weekends of washing police cars with the condition that the lad participate in sports. This is how Kevin Smith, future DPM, got out of attending military school.

“It changed my life,” he said. As a result, Dr. Smith became involved in numerous sporting activities and teams, which introduced him to a whole new group of kids. More importantly, sports took up so much of his time that he didn’t have any left to get into trouble.

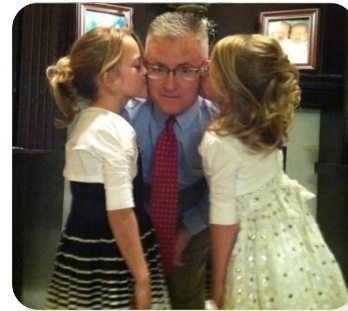
Fast forward to the college years...Young Kevin, a star track athlete and an accounting major, was home on vacation from the University of Northern Iowa was. During his break he took his mom to the hospital for a bilateral bunionectomy where he met her podiatrist, and was introduced to his future profession.



Dr. Smith rocking some awesome shoes

Around the same time, he began frequenting a McDonalds with an attractive young drive-thru attendant named Jill. One day, while ordering his food, he ordered a date with her...and she made it, “to go”. The McDonalds motto is “I’m lovin’ it,” and both Dr. Smith and Jill took that very seriously. Five years later, Dr. Smith was a week away from marrying Jill and had one important task on his agenda for the day—go downtown and get the marriage license.

However, it was a beautiful day and the weather was supposed to rain for the next few days, so he went golfing instead. After all, he could just get the license on Monday, right? Wrong. That incoming bad weather turned out to be the “Thousand Year Flood of 1993.” Downtown Des Moines was under water so they had to go to Indianola for the marriage license, which required them to both be present with additional witnesses.



With his daughters, Haley and Hannah

By this time, there was only one day left to get the license and they arrived at the Indianola courthouse just as it was closing for the evening. They convinced the employee to let them in, and barely got the license. They had been seconds away from having to postpone their wedding, all because of a game of golf. Despite all the craziness, Dr. Smith says it was totally worth it—they got married the day after taking boards (as planned) and he got to play a great game of golf. No harm, no foul. However, they didn’t get to go on a honeymoon because, as he says, “there are no excuses for missing clinic during 3rd year”.



Coaching his son Tyler’s baseball team

When I asked him what he does for fun, it seems like his life has come full circle since the fateful day a Pennsylvania cop made a stand for a boy on the brink. Everything he does outside of work is centered on helping others. He is the head coach of the state championship baseball team that his 12 year old son Tyler plays on.

He and Jill are constantly driving their 9 year old twins, Haley and Hannah, to either gymnastics or softball practice, in addition to taking them to Justin Bieber concerts. They are also very involved in youth ministry activities at their church. Even while he is at work, he is helping someone, patients or students. He oversees the clinical curriculum and advises students in choosing clerkships which eventually will help them get a residency.

In the myriad certificates and awards hanging on his office wall, I saw the Faculty Service Award. The course of Dr. Smith's life was changed by an

act of service from a police officer who had no idea what a difference it would make. Now, he is returning the favor. While I don't know if that is why he helps others, I know that he does. I noticed how happy Dr. Smith is—he was smiling the whole interview and seems pretty satisfied with life. Service is awesome, and Dr. Smith is an example that helping people makes you happy. As Gandhi said, "The best way to find yourself is to lose yourself in the service of others." That is probably what the cop did, I'm pretty sure it's what Dr. Smith is doing, and I hope it's what we all choose to do.

What's All the Hullabaloo About?

By Sarah Sample CPMS-2016

With the upcoming JDRF Walk, you may be asking yourself several questions: Who are they? What do they do? Why should I be involved? What makes them different than the American Diabetes Association?

The Juvenile Diabetes Research Foundation, founded in 1970, is one of the foremost entities engaged in research, education, and fundraising for Type 1 diabetes. This makes them different than most of the other non-profit organizations which focus on diabetes mellitus. According to www.jdrf.org, they've raised over 1.6 billion dollars since they were founded, \$116 million of which was raised in 2011. These numbers are pretty staggering given that their fundraising model focuses on grassroots movements. The JDRF doesn't just contribute money and manpower to treating Type 1 diabetes, they are also working towards finding a cure and preventing the disease. They are working towards a vaccine, replacing pancreatic β cells, and halting damage before a patient becomes dependent on exogenous insulin, among other programs.

These scientific advancements since a University of Pittsburgh College of Health Sciences cohort study shows marked improvement in life expectancy for Type 1 diabetics. The study compares Type 1 diabetics diagnosed between

1950 and 1964 to those diagnosed between 1965 and 1980. The second group (those diagnosed between 1965 and 1980) had a 30 year mortality rate of 11.6%, compared to the group diagnosed earlier whose 30 year mortality rate was 35.6%. These changes are attributed to better treatment and management of the disease—changes which would not be possible without the significant efforts of JDRF.

Does this sound like something you want to support? Join the DMU team at the walk! Or, if you can't make it on Saturday, Feb. 16th at 8:30 am, consider a donation. 80 cents of every dollar donated to JDRF goes straight to research, so you can be assured that your money will be used responsibly. You can also volunteer your time with the local JDRF chapter. No matter your choice, every little bit helps!



JUVENILE DIABETES RESEARCH FOUNDATION
WALK TO CURE DIABETES

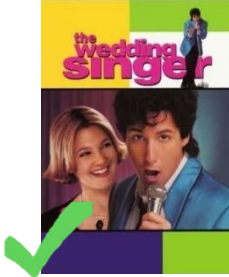
www.jdrf.org

To read the study referenced in this article, go to:
<http://www.sciencedaily.com/releases/2011/06/110624182309.htm>

Happy Holidays!

By Elaine Burgess CPMS–2015

Stressing over finding that special gift to give your Valentine this year? Don't bother—break up with them instead. In 2004, a study published in *Personal Relationships* showed that people are 2.55 times more likely to break up during the month of February, over any other month of the year. Long gone would be the pressure of finding the most expensive restaurant that your med school budget can afford, and subsequently having to act polite. Be realistic, it's awkward...probably more awkward than the captain of the high school Quizbowl team going stag to Senior Prom and standing by the punch bowl the entire time. It's time to wake up and smell the roses, or else your romance is going to die sooner than those overpriced flowers sitting on the table. So, this Valentine's Day, say hello to Papa John's Rewards points, turn on *The Wedding Singer*, and sing along to "Love Stinks".



For those of you who are against breaking up with your significant other, I have your gift idea—bacon roses. That's truly where it's at. Additionally, I suggest staying away from any gift that comes in a small box. Despite the fact that you spent hours debating which pair of earrings to get her, it's probably not what she wanted. Now don't get me wrong, Valentine's Day is not all bad... it means St. Patrick's Day is right around the corner. Stay strong my friends, one more month.

Morse, K.A., & Neuberg, S.L. (2004). How do holidays influence relationship processes and outcomes? Examining the instigating and catalytic effects of Valentine's Day. *Personal Relationships*, 11, 509-527.

On My Soapbox

By Ellie Bernard CPMS–2015

Our lives as med school students are primarily spent indoors studying and sitting on our bums. Gone are the days of childhood spent running around outside. Remember how carefree those days were when we had nothing to worry or stress out about, and the only schedule we followed featured being home in time for dinner? So, why not get back outside? Before you roll your eyes at me and tell me you cannot possibly fit anything else into your schedule, hear me out.

Fresh air and sunlight are relaxing and rejuvenating...and who doesn't want to feel more relaxed and refreshed at some point in our hectic daily lives? I know that many of you already burn off your stress by slogging it out in the gym, and if so, good for you. I love going to the gym as well, but my favorite activities occur outside of those four walls.

The greater Des Moines area is full of opportunities to take your workout outside. Case in point, there are upwards of 50 miles of bike trails just within city limits. If you travel outside of city limits, that number more than doubles. Almost all of these trails are paved, so they are also suitable for walking, running, and skating. They connect suburbs and neighborhoods, and it is very possible to get almost anywhere within the Des Moines area on bike or foot. For example, when the weather allows, I ride my bike to the grocery store. Yes, this takes longer than driving there, but it also counts as my workout for the day. As the old saying goes, I am "killing two birds with one stone".



Editor's Note: We'd like to thank Elaine Burgess, who stepped up for her fellow redhead, Michael Johnson, this issue while he was busy representing us at the APMSA House of Delegates Conference.

Travel outside of the metro area and you will find several state and local parks that have miles of hiking or running trails. Ledges State Park is located about thirty minutes away, just south of Boone, and is a beautiful setting for a hike and a picnic. Saylorville Lake is connected to Des Moines by the trail system and is easily accessible to anyone. Fifteen minutes northwest of Des Moines, Jester Park also has miles of scattered trails. A little further away, Lake Red Rock is located southwest of Pella, and is surrounded on its south shore by trails winding through Elk Rock Park.

I know it is winter, and as you are reading this, it is likely below freezing outside. However, most of the paved bike trails are plowed in the winter and many are sheltered from the wind by trees. Once a week, replace your treadmill run/walk with an outdoor activity. You will reap the benefits, and your mind (and body) will thank you. Finally when the warm weather rolls around again, go check out some of these great places. Meanwhile, slap on those layers and head out there!



For more information about some of the parks Ellie discussed and other local trails, you can visit these sites:

<http://www.polkcountyiowa.gov/conservation/parks-trails/>
<http://www.iowadnr.gov/Destinations/StateParksRecAreas/iowaStateParks.aspx>
<http://www.dsmbikecollective.org/mapcentral>

Cinematic Adventures: Movies You've Never Heard Of But Definitely Need to See

By Gregory Bitto CPMS-2014

Fellow moviegoers, do I have a treat for you today! This is a veritable jewel from the treasure trove that is my movie collection. Like most of my suggestions, this one strays off the beaten path that is mainstream cinema. However, just follow my directions, and I'll guide you to a real diamond in the rough.



Today's film is entitled *Spirited Away* and it has the honor of being the first fully animated film I have recommended.

From mastermind Hayao Miyazaki, it tells the tale of a little girl named Chihiro, who is moving to a new town with her parents. Frustrated at leaving all of her friends behind, she is afraid of the move and misses her old life. Upon taking a wrong turn in the forest, Chihiro and her parents discover a tunnel that leads to what appears to be an abandoned theme park. Smelling good food, her parents begin to eat from a food stall while Chihiro's fears prevent her from joining in. She explores the area a bit before discovering that night is falling and the empty buildings are coming to life—but not with people! Chihiro learns that she has entered the Spirit World, a realm full of witches, monsters, and other strange beings. She also finds her parents have been transformed into pigs, and the passage back to the human world has been blocked off. Guided by a mysterious boy named Haku, she must find a way to survive in this bizarre Spirit World, and save her parents and herself before she also becomes a spirit!

Pros: The film is a spectacle for the eyes and ears. The sublime animation, artwork, and soundtrack feature vibrant colors and flowing, mystical songs that always seem to tie in with the onscreen action. The characters all have respectable aspects to them, but Miyazaki does a good job of making none of them lovable at first. This gives the characters room to grow and evolve, which helps make the emotional tie-in that is vital to the movie's success. There are many powerful themes throughout the story that are part of our human experience—coming of age, cleansing the soul, and the power of love conquering all. Subsequently there is an element of the story for every viewer to relate to. The film is PG for some minor scary scenes, which means that it is also family friendly!

Cons: There actually isn't a whole lot I can say against this film, but the greatest weakness would be the plot.

Obscurity in Music

By Brandon Tucker CPMS-2015

Welcome back to another riveting music review! For your entertainment, and to satisfy your musical curiosity, I will be giving a brief overview of the band Funeral Suits.

You're probably thinking to yourself, "What a drab and depressing name for a band....I bet they are all emo and stuff!" Fear not! The name of the band is fairly misleading—Funeral Suits actually falls into the alternative music genre. So, if you decide to give them a listen, you shouldn't all of a sudden develop a hankering for skinny jeans, black mascara, or tear-shaped tattoos.

Funeral Suits released their debut album in June of 2012. This album titled, *Lily of the Valley*, contains a couple of musical gems—"All Those Friendly People" and "Colour Fade". As most of you know, I am very much a rebel so I decided that it would be better to watch the music videos for both of these songs rather than study Lower Limb Anatomy. I can tell you with 100% certainty that this decision was probably a

The movie has the same curse of tales such as *Alice in Wonderland* and *Charlie and the Chocolate Factory*: the fantasy elements of the plot sometimes override logic and reasoning, making you accept the fact that's just how things are in the film. For instance, a talking frog in a kimono might seem strange to you or me, but to the characters it's just a part of daily life. The other weakness is that since the film was originally Japanese (the English translation was managed by Walt Disney Pictures), it contains many Japanese historical and cultural references, such as excessive bowing, bathhouses, and a different style of song, dance, and clothes. However, it isn't so overbearing that it will drive children or stoic adults away.

What more can I say about Spirited Away? Take a leap of faith and pick up a copy of this film for yourself. It's a heart-warming adventure that will take you on a journey of your own! Enjoy!



mistake because (despite the songs' merit), the music videos left me confused.

For example, in the video for "All Those Friendly People", the focus is on some weirdo in a mask who takes a red-headed girl to a beach, and then lets people in pig masks loose to attack her. Of course, she runs away frightened (who wouldn't be??), and jumps in the ocean to get away. Perhaps I am dense, or maybe my brain is in pain from all my earlier studying, but I don't see how this music video accurately depicts the meaning of the lyrics.

When reading through the lyrics, the first thing that comes to mind is two people that started dating, but then realize that they actually don't like each other after a while. I gleaned this little bit of insightfulness from: "I said I was into you/You said you were into me/You never answer on the phone/With your nicotine lips and your heart of stone/I look for you by the underpass/Looks like this love wasn't meant to last/You said you reap just what you sow/So tell me where does your garden grow."

The "Colour Fade" music video wasn't as strange. It was just of some girl that runs until she happens upon a large stack of televisions. The TVs turn on and blind the girl before she teleports somewhere else.

Although this band makes weird/cryptic music videos, I want to reiterate that their songs are actually really good. They even dabble a little bit into the electronica realm. Their music is diverse, expansive, and (at times) exciting. Their lyrics are almost always poetic, and they aren't nearly as redundant as some other bands. Overall, I think their first album is fairly good and worth a listen. I look forward to hearing more from them in the future.

Soundscapes: Biggest FOALS Yet

By John Miller CPMS-2015

Normally, I try to keep this column about bands in the Des Moines area—I've always felt like there's more talent on the Iowa music scene than people imagine, as naïve as that may be. However, sometimes an album release is just so momentous that it must take precedence over any shameless local promotion. On February 11th, the FOALS (as they apparently like to be referred to in text) released their third album, entitled *Holy Fire*, via Transgressive Records in the UK and Subpop in the States. Why should you care? Well, because whether you like it or not, the FOALS have been influencing the rock sound coming from the UK for the last few years, and this album is going to be a chart-topper.

If you like dancy tunes with an aggressively-centered rock feel be prepared to have *Holy Fire* stuck in your head for the rest of the winter.

The FOALS have been making huge tracks since their early and dirty Oxford gigs in 2005. I first discovered them in college during an obsession with underground British progressive music, which also brought me treasures such as Everything Everything, Friendly Fires, and Bombay Bicycle Club. Initially, I fell in love with the FOALS' hot and rhythmic guitar and percussive layering. They brought an intense sound which was a sharp contrast to the lazy lo-fi strumming that was more popular in the States at that time.



The FOALS

Most of these grungy, shouting, dance tracks became the substance of their first album, *Antidotes*, which dropped to an amused audience in 2008. This album is still a favorite of mine—tracks like "The French Open" and "Balloons" make it a perfect soundtrack for a long run when you can't stand listening to any more mashups or dubstep to keep you going.

Needless to say, in 2009 I was ecstatic to get my hands on the FOALS' sophomore album, ready for another raucous pump up disc (this time possibly with better production). Much to my surprise, I found a considerably slowed down album littered with keyboard and wrangled in reverb—a complete contrast to the first album. This second album, entitled *Total Life Forever*, primarily centers around Kurzweil's Theory of Singularity, yet every once in a while steps into the vain with tracks like "Miami" and "This Orient".

These two tracks were some of the band's first tracks which feature a happy overtone...a bit of an odd change of pace, but overall, a greatly appreciated evolution in their sound. The most notable track of the second disc, "Spanish Sahara", clocks in at almost seven minutes, and gracefully explores how effective repetitious keyboards can be, swimming above the stony foundation of driving snare and bass. Featuring the London Contemporary Orchestra, it's a treat at times, and somewhat repetitious at others, but nonetheless, something deeply refreshing for your ears.



After taking the deep plunge into saturated reverb and long-panning echo, I was deeply interested to see where the FOALS would go to next since they had already revolutionized their sound once. While watching a few interviews it seemed as though the sudden rise in popularity they experienced after their second European tour had pushed them to reinvent themselves once again. Upon hearing the release of two singles from their new album *Holy Fire*, I am deeply impressed at their new sound, ranging from the extremely funk-filled "My Number", to the massive sounding "Inhaler". If you get the chance, check out the music videos for these videos—they are extraordinary. With only two released albums under their belt, the FOALS have broken out of the extremely competitive and begrimed Oxford club scene, to making appearances on TV and at major music festivals worldwide. While they rarely have played the States, the FOALS will be at Coachella in April, as

part of one of the best lineups I've seen this year (except perhaps the lineup at Bonaroo...if you're into that sort of thing). While I suspect most of us won't be at Coachella (and I've already ceased holding my breath for a US tour) you can still get the full concert experience by blasting their new album, *Holy Fire*, in your home. Trust me, your neighbors won't have any complaints about hearing it through the walls.

Editor's Note: Good news for you, John! The FOALS have just announced a North American tour with Surfer Blood.

Fresh Beginnings

By Mari Doan CPMS-2015

Happy 2013 everyone!! Speaking of new beginnings, Des Moines' inner city has a new grocery store. The grand opening of C fresh Market has brought new life and culture to the city of Des Moines. While they just opened January 31st, if you haven't checked them out yet, what are you waiting for?!

Many of you might be wondering what this grocery store has that makes it so unique. Well, C fresh Market provides the community with healthy food options—crisp produce, full-service fresh meat and seafood departments, as well as a wide variety of American and International foods. You will be amazed at the selection of food they have to offer. I love that they not only cater to different cultures, but also do so at very reasonable prices. Personally, my favorite item is the Asian style BBQ pork. They make it fresh and every time they finish a pig, it's sold out in 15 minutes—so you better get in that line quick! You can come in for lunch or dinner, choose your meal out of a variety of delectable dishes from the deli and/or bakery, and then sit to enjoy your food in the café area.



In addition to the amazing food they offer, C fresh Market also provides many services to help you finish your errands in one location. It is home to DK's Prestige Salon, a full-service establishment providing manicures, pedicures, haircuts, color, and more. You can also solve your jewelry needs—reasonably priced jewelry can be purchased at Simon C. Jewelers, while your broken jewelry can receive new life on-site through the efforts of master jewelers. You can even book your next vacation with the travel

agents at Anh Phi Travel!

Okay, now that I have convinced you that this is a pretty awesome grocery store, you should get in your car (or as Ellie would recommend, on your bike) and go NOW. C Fresh Market is located at 801 University Avenue in Des Moines.

If you want to check them out before you head over you can visit their Facebook page (www.facebook.com/CfreshMarket). Enjoy!



Kat's Confections: Tiramisu

By Katrina Almeida CPMS-2015

DIRECTIONS:

Cream together the egg yolks and sugar in a heat-proof bowl set over a pot of simmering water. Add 1/3 cup of the marsala and continue to whisk until the mixture is thick and has doubled in volume (this is basically a zabaglione). Remove from heat. Stir in the mascarpone until completely blended.

In a chilled bowl, whip the heavy cream to soft peaks. Fold the whipped cream into the mascarpone mixture, to lighten.

In a small saucepan, combine the espresso, chocolate, rum, vanilla, and remaining 2 tablespoons of marsala. Heat gently while stirring to dissolve the chocolate. Once the chocolate is dissolved, chill the mixture for about 15 minutes. Quickly dip each ladyfinger in the chilled coffee mixture and then arrange them in a single layer on a 9 by 13-inch glass baking pan. Do not soak the cookies or they will become too moist!

Spread half of the mascarpone cream (4oz) evenly with a spatula on top of the dipped ladyfingers. Repeat with a second layer of dipped ladyfingers and the remaining mascarpone cream. Sprinkle the top with cocoa powder (and cinnamon). Refrigerate for 2 hours before serving. Enjoy!!



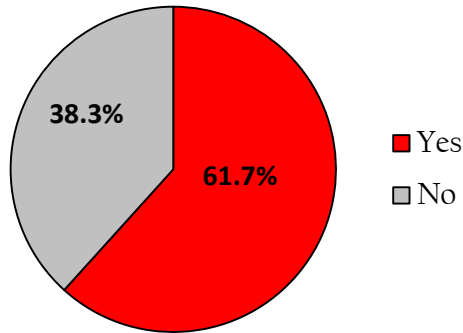
INGREDIENTS:

7 egg yolks
 1/2 cup sugar
 1/3 cup sweet marsala wine, plus 2 tablespoons
 8 oz mascarpone, softened to room temperature
 1 cup heavy cream
 1 cup brewed espresso coffee
 1 oz dark chocolate
 1/4 cup dark rum
 1 teaspoon natural vanilla extract
 48 ladyfingers
 1/4 cup unsweetened cocoa powder
 1 tsp cinnamon (optional)

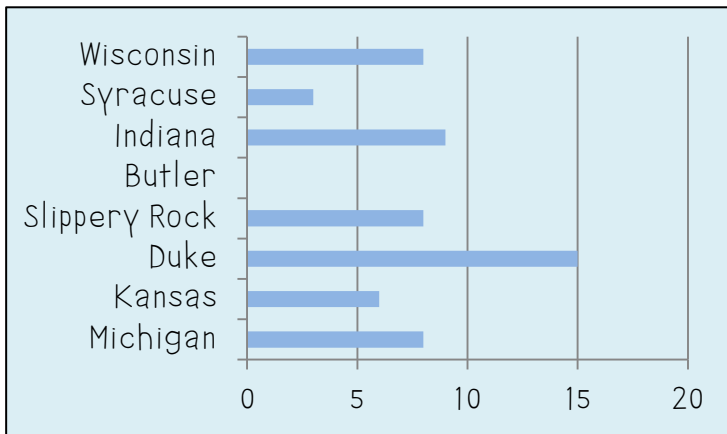


February's Poll Results

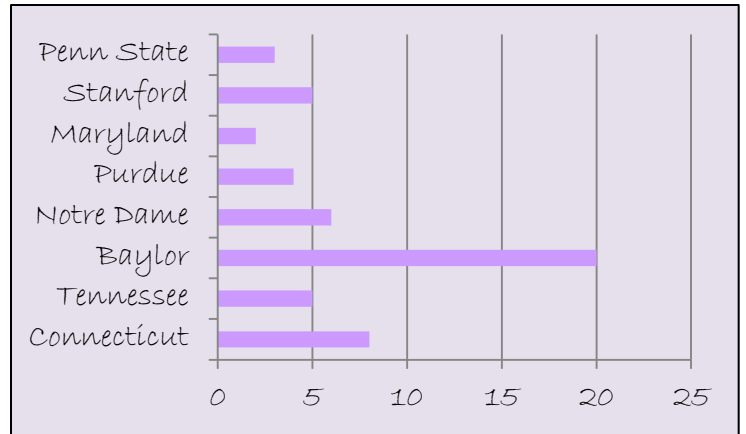
Do CPMS students consider Valentine's Day to be a real holiday?



Which Men's basketball team will come out on top during March Madness?



Which Women's basketball team will come out on top during March Madness?



What are your plans for Spring Break?

Six CPMS students plan on sleeping through the break, while the 3rd year students voiced their disappointment about not having a break.

Other responses included:

PENGUIN HUNTING

VEGAS!

DMU Honduras trip

Snowboarding in Colorado

Harry Potter World