



THE CADUCEUS

The Official Newsletter of the
Texas A&M Pre-Medical Society

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TONIGHT'S MEETING

- Welcome to Texas A&M Pre-Medical Society! At tonight's meeting we will be hearing from a Kaplan representative and the current officers will be discussing their positions.

ANNOUNCEMENTS

- In order to officially become a member (and earn points), you **MUST** fill out a membership form and pay dues! Dues are \$45 for the semester. Dues can be paid by cash, check, or through online credit card payment.
- VOLUNTEERING:** Volunteering has begun! You must be a member to volunteer and are required to wear your Pre-Med Society shirt, long pants, and closed toed shoes. Sign up to volunteer on our website!
- Join our intramural GroupMe! QR code is on the last page.
- Our Top 20 members will be invited to attend a medical school tour field trip later this semester so be sure to pay your dues and start earning your points!

POINT OPPORTUNITIES

Pre-Med meeting attendance	3 points
ECHO meeting attendance	2 points
Intramural game attendance	2 points
Social event attendance	3 points
One hour of volunteering	1 point
Wearing Pre-Med shirt at any meeting	1 point

MEMBERSHIP

Exemplary	100 Points
Distinguished	75 Points
Honored	50 Points
Member	<50 Points

The points system is used to determine our members' participation within the society. The various echelons of awarded membership allow one to truly benefit from all the society has to offer and to capitalize on this involvement during the medical school application process.



Congratulations to our

Member of the Week

Tiffany Ly

Thank you for being an
active member!!



DUES AND MERCHANDISE

\$45 membership dues for one **semester**

\$60 membership dues for the **full year**

Dues include a New T-Shirt

New T-Shirts - **\$15**

Old T-Shirts - **\$5**

Athletic Shirts - **\$12**

Hats - **\$15**

Fleeces - **\$50**

Practice MCAT Question

In which of the following cases will the normal force on a box be the greatest?

- A. When the box is placed in a stationary elevator
- B. When the box is placed in an elevator moving upwards at constant velocity
- C. When the box is placed in an elevator accelerating downward
- D. When the box is placed in an elevator accelerating upward

Answer at the bottom of next page

UPCOMING OPSA WORKSHOPS

Application Workshops

- April 19, 3:00pm-4:00pm
- April 27, 2:00pm-3:00pm
- May 4, 12:00pm-1:00pm

Portal Q&A Drop-Ins

- April 6, 1:30pm-4:00pm
- April 13, 9:00am-11:00am

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5 Pre-Med Meeting 7-8pm Officer Applications Released	6	7 Phoebe's Home 5-7pm	8 Arts and Crafts 2:30-4:30pm Point Cutoff	9
10	11	12 ECHO Meeting 7-8pm	13	14 Phoebe's Home 5-7pm	15 Arts and Crafts 2:30-4:30pm	16
17	18	19 Pre-Med Meeting 7-8pm (Officer Elections)	20	21 Phoebe's Home 5-7pm	22 Trip to Dallas	23 UNTHSC Tour
24	25	26 ECHO Meeting 7-8pm	27	28 Phoebe's Home 5-7pm	29 Arts and Crafts 2:30-4:30pm	30 Banquet 6:30pm
1 <i>Start of May</i> Kickball Tournament	2	3	4	5 Phoebe's Home 5-7pm	6 Arts and Crafts 2:30-4:30pm	7

NOTE: Volunteering opportunities are meant for members to attend as they please.

Check your volunteering requirements! (orientation/application/vaccines)

People Turned to Gardening for Stress Relief, Food Access During Pandemic

People who turned to gardening during the COVID-19 pandemic did so to relieve stress, connect with others and grow their own food in hopes of avoiding the virus, according to a survey conducted by researchers at the University of California, Davis, UC Agriculture and Natural Resources (UCANR) and international partners.

The survey report, “Gardening during COVID-19: experiences from gardeners around the world,” highlights the positive role gardening plays in mental and physical health, said Alessandro Ossola, an assistant professor of plant sciences.

“Connection to nature, relaxation and stress relief were by far the biggest reasons gardeners cited,” Ossola said. The researchers sent links to online surveys via targeted emails to gardening groups, in newsletters and on social media between June and August 2020. They were hoping to gauge the significance of gardening as a way to cope with risk, how the pandemic changed gardening and what barriers existed.

More than 3,700 surveys were returned by gardeners from Australia, Germany and the United States.

More than half of those responding said they felt isolated, anxious and depressed during the early days of the pandemic, and 81% had concerns about food access. During this time, people also had more time to garden, and they saw the activity as a safe haven and a way to connect socially with others.

“Not only did gardeners describe a sense of control and security that came from food production, but they also expressed heightened experiences of joy, beauty and freedom in garden spaces,” said the report, which broke up responses by region or states.

In California, for instance, 33% of gardeners said their plots generated about 25% of their produce needs. Some gardeners with access to large spots to garden also grew food for their community.

Gardening during the pandemic offered a way to socialize safely.

“People found new connections in the garden,” said Lucy Diekmann, an urban agriculture and food systems advisor with UCANR who helped write the report. “It became a shared hobby as opposed to an individual one.”

Responses were fairly similar across all locations, even though the surveys hit in the summer and winter depending on location. “We see remarkable similarities in terms of what people are saying and the way they are interacting with their gardens,” she said.

Many respondents also found it hard to find and buy seeds or plants and locate a spot to grow.

The report findings suggest an opportunity for government, community groups, businesses and others to promote community health by providing green spaces.

Gardening should be thought of as a public health need, one that could serve communities well in future pandemics or disasters. New Zealand, Canada and some countries in Europe write green prescriptions for people to garden to improve health.


“We need to change the narrative of how urban gardening is framed and elevate it to a key strategy for both environmental and public health,” Ossola said.

Source: <https://www.ucdavis.edu/food/news/survey-people-turned-gardening-stress-relief-food-access-during-pandemic>

MCAT Answer: D

Pre-Med Society IMs 21-22





TEXAS A&M PRE-MEDICAL SOCIETY

Banquet


A night to celebrate our members and
accomplishments as a society!

04.30.22

6:30 PM

4500 Pebble Creek Pkwy, College Station, TX 77845

RSVP ([HTTPS://FORMS.GLE/FZKZKFLMP854JGNX9](https://forms.gle/FzKZkFLmp854JGNx9)),
\$10 TICKETS ON MARKETPLACE
(INCLUDES GUEST - NOT IN PRE-MED SOCIETY)



TEXAS A&M PRE-MEDICAL SOCIETY

Banquet RSVP



<https://forms.gle/FzKZkFLmp854JGNx9>