



Student Affairs Weekly Newsletter

Please note badge replacements will now cost \$10!

ATTENTION STUDENT ORGANIZATION LEADERS!
This week begins Student Organization Board elections.
Check Webcourses for more details!

Announcements!

Latino, Hispanic, or of Spanish Origin Identified Student Leaders in Medicine: Recognizing More Than 50 Years of Presence, Activism, and Leadership

Over the past 3 years 100s of medical students, residents, faculty and staff have worked on a book entitled Latino, Hispanic, or of Spanish Origin Identified Student Leaders in Medicine: Recognizing More Than 50 Years of Presence, Activism, and Leadership. The book highlights LHS+ individuals' activism in addressing unique health issues and disparities across the U.S. Describes the current state of LHS+ identified individuals in the physician workforce. Describes the social, cultural, and political factors that have influenced LHS+ identified individuals. Relays engaging stories on LHS+ identified individuals' pursuit of medical careers. The book is a part of the United Nations Sustainable Development Goal Series. Through financial donations from the AAMC, learners, faculty, and staff the book is open access and can be accessed for FREE via the following link - <https://link.springer.com/book/10.1007/978-3-031-35020-7>

Student Financial Services

The AAMC's FIRST (Financial Information, Resources, Services, and Tools) program provides free resources to help medical students make wise financial decisions: www.aamc.org/first.

Letters of Recommendation

To request a letter of recommendation (LOR) from any of the Deans (Drs. Verduin, Kibble or Smith), you must complete the [LOR Request Form](#), found on GPS. Keep in mind, you can only request one letter from a Student Affairs Dean. Please note, you MUST attach a curriculum vitae (CV) to your LOR request. The letters are written as formal letters and as such, the form needs to be filled out completely, with the program name and address, even if it is being emailed. If the letter is to be uploaded via a link from a program, please confirm the Dean for that to be sent to. The form should be accompanied by your CV that follows the required format per the CV Toolbox along with any link to the program that provides additional information helpful in writing the letter. Information on creating your CV, along with a sample and template, can be found at the [CV - Toolbox](#) (password COMPASS2024).

Upcoming Events

Tuesday 1/14:
LMIG: Lifestyle Medicine in Rheumatology

Wednesday 1/15:
BoM: Private Equity in Healthcare w/ Dr. Diebel

Wednesday 1/15:
MCO: Medical Missions

Friday 1/17:
WC4BL, RHIG, & MEF: Amendment 4 Roundtable

Friday 1/17:
Suture Clinic

Submission Opportunities & Industry Events



2025 AAP Medical Student Essay Contest on The Art of Communication in Psychiatry

Medical Student Essay Award

- Complimentary Annual Meeting Registration
- Up to \$1,000 reimbursement for meeting-related travel, hotel, and meal expenses
- Essay presented as a poster at Annual Meeting

The selected winner of the creative writing contest will receive up to \$1,000 for reimbursement of travel expenses to attend the 2025 AAP Annual Meeting in Milwaukee, Wisconsin where s/he will present the essay.

The theme is: The Art of Communication in Psychiatry: Connecting with the Patient. **DEADLINE FOR SUBMISSION: June 1, 2025**

Submission Requirements

The contest is open to any student who is both currently enrolled in an accredited medical school in the United States, Canada or around the world and will be enrolled at the time of the Annual Meeting September 10-13, 2025. The work must be an original unpublished essay of 1,000 words or less. **ONLY ONE SUBMISSION PER STUDENT WILL BE ACCEPTED.**

The top essay may be considered for publication in the Academic Psychiatry Journal in "The Learners' Voice" section. Essay winner does not guarantee publication in the Academic Psychiatry Journal. Please review the publication criteria when writing your essay [here](#). Refer to MANUSCRIPT TYPE & GUIDELINES #8 The Learners' Voice.

Students may [click here](#) to apply online.

Essays should be submitted electronically and request the following information:

- Student's Name
- Name of Medical School where enrolled, year in school
- Mailing Address, Phone Number, Email Address

Selection Criteria

Judges will be blinded to the participant and affiliated medical school. Judging will be based on originality, uniqueness, flow of thought, and appropriateness to the theme.

Deadline for submission is June 1, 2025. No additional submissions for the 2025 Annual Meeting will be considered after that date.

AMA Foundation's 2025 Physicians of Tomorrow Scholarship Applications Open!

*To apply, students must be preparing to enter their final-year medical, be currently enrolled in an accredited U.S. allopathic or osteopathic medical school, and be permanent residents or citizens of the U.S. or have DACA status. To learn more about the AMA Foundation's scholarship program, visit <https://amafoundation.org/programs/scholarships/>. The deadline to apply and upload all associated materials is **Monday, February 17, 2025 at 11:59 p.m. CST**. To start an application, head to <https://amafoundation.secure-platform.com/a/solicitations/14/home>.*

2025 Summer Clinical Otolaryngology, Ob/Gyn, and Thoracic Research Program

An 8+ week intensive summer opportunity to pursue clinical research and observe clinical care in either Otolaryngology – Head & Neck surgery, Obstetrics & Gynecology, or Thoracic Surgery. Program Details:

- Sponsored through the Kaiser Permanente East Bay (Oakland/Richmond) Medical Center
- Program dates: June 16, 2025 to August 8, 2025 (option to extend additional weeks before or after program dates)
- Students are paired with a faculty mentor to guide them through clinical research project(s) and/or quality improvement projects. Students will be involved in a variety of activities from data entry and chart review, data analysis, abstract/manuscript preparation, etc.
- 4 days per week dedicated to clinical research
- 1 day per week in ambulatory outpatient clinic or observing in the operating room
- Up to 4 positions available for Otolaryngology, 2 positions for OB/GYN, 2 positions for Thoracic Surgery
- Stipend of up to \$400/week

More information & application can be found here:

<https://residency-nca.kaiserpermanente.org/med-students/score/>

Applications available via above link, and due no later than January 26, 2025

FIRE+ Program

The Focused Individualized Research Experience-Plus (FIRE+) Program was created in order to support medical student research projects that fall outside and beyond the FIRE curriculum. This Program aims to provide support, management, oversight, and tracking of student research projects and endeavors. The FIRE+ intent is to bring these students and projects under one structured program to ensure appropriate research guidance and support so that research quality, safety, and integrity are maintained and can be evaluated for a sustainable and successful scholarly endeavor.

Any research and scholarly activity performed by medical students OTHER THAN RESEARCH RELATED TO THE M1/M2 FIRE CURRICULUM is required to be included in FIRE+. New research projects outside of the

FIRE curriculum in M1/M2, continuity of the FIRE project in M3/M4 years, or independent research as extracurricular activity must be approved by FIRE+. After submission of a brief in-take form, FIRE+ projects will be reviewed to ensure quality and rigor with the anticipation that the project can be publishable in peer-reviewed journals and presentable in national/international professional conferences.

Link: <https://redcap.link/FIRE-Plus>

Surveys & Studies

University of Central Florida
4000 Central Florida Blvd, Orlando, FL 32816

Research on U.S. medical students self-reported knowledge, attitudes, and practices in using professional medical interpreters

Who? Florida medical students (M.D. or D.O. Program)
***Participation of upper-year students is encouraged*

What? One-time online survey taken through UCF Qualtrics

Estimated time
Around 10 minutes



Interested? Scan here for the survey!



[Survey Link](#)

This study has been approved by the UCF Institutional Review Board (IRB) (STUDY00007188)

This study is a part of an undergraduate research project. Your participation is completely voluntary and greatly valued!

Differences in perceived vs personal treatment plans for common acute complaints: An experimental vignette study

The objective of this study is to investigate how perceived and personal health treatment plans differ between healthcare providers of different specialties and education levels.

To participate, you must be: 18 years or older, A UCF student, faculty, or staff member (including residents and fellows), Affiliated with healthcare (medicine, nursing, PA, etc.), Have ongoing clinical experience in your curricular studies or work experience. Further details about the study are attached in this email and are also located on the first page of the survey. If you meet the above criteria and would like to participate, please find the survey links below:

[Survey Link](#)

ADHD USMLE Accommodations Survey

We are conducting a research study focusing on the experiences of medical students with ADHD who have applied for accommodations through the USMLE. As medical students, educators, and advocates, we recognize the importance of providing equal opportunities and support for individuals with ADHD who are pursuing a career in medicine. The purpose of this study is to gather firsthand accounts of the challenges, successes, and overall experiences of medical students with ADHD in applying for and receiving accommodations for USMLE testing. The survey takes approximately 10 minutes to complete and covers topics related to previous experiences in receiving accommodations, challenges faced, accommodations sought with the USMLE and the impact on academic performance. Participation is voluntary and responses are confidential. Your participation is highly appreciated and will help improve support for medical students with ADHD and potentially help pave the way for students with disabilities as a whole!

[Survey Link](#)

Soft Skills in STEM (SSS) Survey

By completing the survey, you will rate your own soft skills and if you wish to include your email address in the survey, we will share the report of what soft skills the participating companies are seeking. You will also receive suggestions on how you can improve the soft skills you feel you are lacking in to be as prepared for industry as possible!

You can access the survey [here](#).

Please participate to learn how you can continue developing strong soft skills that can help you get your dream job and to receive insight from the participating companies! Thank you.

Nova Southeastern University Attitudes towards Emergency Medicine Study

We are conducting a study to investigate U.S. Medical Students' Attitudes towards Emergency Medicine. We encourage you to fill out this survey regardless of your interest in Emergency Medicine. It is important to gather this information to help us understand the large volume of unfilled Emergency Medicine Residency spots in recent years. We are asking you to complete a one-time, anonymous 3-5 minute survey. This research study involves minimal risk to you. You can decide not to participate in this research, and it will not be held against you. You can exit the survey at any time. Participation will have no effect on your grades or standing in your academic program. There is no cost for participation in this study. Participation is voluntary and no compensation is provided. This study has been exempted and approved by the Institutional Review Board of Nova Southeastern University (NSU-IRB Protocol Number 2023-309).

[Survey Link](#)

Medical Student Study on Substance use and Addiction

Currently, there is minimal data in the literature regarding what U.S. medical students know about substances of use and misuse beyond alcohol and marijuana. With approval of this exempt study through Phoenix Children's Hospital's IRB in Arizona, our study therefore seeks to address gaps in knowledge and gain an updated perspective of how substance use and addiction impact U.S. medical students. We strive to investigate the availability of substance use and mental health support programs for medical students regionally across the U.S. as well as students' current knowledge of such programs.

The survey is comprised of 33 questions and should take no longer than 10 minutes. We will also be offering voluntary participation in a random draw for twenty \$50 gift cards at the completion of data collection. Interested participants will be offered the opportunity to share their email information after submitting their survey responses in such a way that preserves the anonymous status of their survey responses. The link for the survey is <https://redcap.link/e0oqodya>

Residency Program Sessions & Other Opportunities

AMA Foundation Leadership Development Institute - Applications Open

Applications for the 2024-25 Leadership Development Institute are now open! The program cultivates a diverse cohort of aspiring physician leaders who are committed to serving the needs of their communities and improving our nation's health. The institute is open to medical students entering their final year of school and provides professional development and mentorship to those who are selected. [Click here](#) to apply today and cultivate your skills as a future leader in medicine!

Manatee Memorial Hospital Fair

[Graduate Medical Education | Manatee Memorial Hospital](#)

Memorial Sloan Kettering Cancer Center, one of the nation's leading cancer hospitals, hosts a summer research fellowship for **first-and-second year students studying at U.S. Medical Schools**. The program targets students who have an interest in careers as **physician scientists in the field of oncology or related biomedical sciences**. Our program provides hands-on exposure to cancer research in a laboratory or a field setting in order to stimulate the interest and advance the knowledge base of participants to consider further education for careers as cancer physicians and researchers. Program participants will work with mentors and in labs centrally involved in both basic and clinical research; attend MSK's abundant didactic opportunities; learn how to blend lessons from science and clinical practice; and present their work to a range of audiences. In addition, students spend the summer in New York City, providing them an opportunity to experience and explore everything NYC has to offer!

Fellowship Information: <https://www.mskcc.org/hcp-education-training/medical-students/summer-fellowship>

Our application will go live on Monday, December 2nd and we want to encourage your students to apply before the deadline. In order for students to have a better sense of what our program entails, we will be holding two virtual sessions providing a detailed overview. The Zoom information is below. No RSVP is necessary, students can simply join the presentation using the information provided below. We certainly look forward to seeing many of them on the call and receiving their applications!

Session #1

Title: Information Session: MSK Summer Research Fellowship

Date: Thursday, December 5th

Time: 6:00pm – 7:00pm EST

Zoom Link: <https://meetmsk.zoom.us/j/92923557527>

Meeting ID: 929 2355 7527

Session #2

Title: Information Session: MSK Summer Research Fellowship

Date: Monday, January 13th

Time: 6:00pm – 7:00pm EST

Zoom Link: <https://meetmsk.zoom.us/j/95218835715>

Meeting ID: 952 1883 5715

UCF College of Medicine/Department of Veteran Affairs Teleurgent Care Selective

Are you looking for a 4th year selective that is educational, fun, cutting edge, AND possible from the comfort of your own home???? Check out the UCF College of Medicine/Department of Veteran Affairs Teleurgent Care Selective. This rotation is designed to provide you with insights into the specialty of Telemedicine, specifically Teleurgent Care. You will be introduced to key concepts, competencies, and applications of telemedicine as a method to deliver quality medical care. This selective also meets your ICU/emergency medicine requirement.

No matter what specialty you decide to pursue, telemedicine will be a part of your future practice. Get ahead of the future of medicine with this selective! If you have any questions, please do not hesitate to contact Dr. Lindsey Elmes (Lindsey.Elmes@va.gov) or Dr. Veronica Sikka (Veronica.Sikka@va.gov). Both Drs. Elmes and Sikka are Emergency Medicine trained and boarded physicians who practice telemedicine full time from home. If you're interested in scheduling availability, please reach out to mdclinicalscheduling@ucf.edu

Volunteer Opportunities

Conversations to Remember



Central Florida Special Olympics Volunteer Opportunities

Check out the link below for volunteer opportunities with the Central Florida Special Olympics! [Click here for opportunities!](#)

Conversations to Remember, a 501(c)(3) nonprofit, dedicated towards combating loneliness and isolation felt by senior citizens. Our virtual visit program matches 2-3 college students with residents of long-term care, assisted living, and memory care communities for virtual video visits. These residents have been suffering from isolation, and your call could really brighten their days just by speaking with them. We provide training to the students in the program about the best ways to interact with the seniors, as well as additional support throughout their service. Typically, students volunteer 1-2 hours per week. Each call lasts up to one hour, based on the senior's attention span and mood on each day. We expect students to volunteer for approximately 16 weeks, so that they can build a friendship with the senior. This does not need to coincide with the start of a semester, as we have new seniors starting all the time, and train new volunteers weekly. The students are matched based on the times that they're available, with a senior who is available at the same time, and they will have a regular, weekly appointment for their visit. Students wishing for more visits or other opportunities that allow them to volunteer more hours can be accommodated with different ways to volunteer, such as assisting us with our social media, call support, or outreach.

<https://conversationstoremember.org>

Do you have an approved volunteer opportunity you need to recruit for? Or an event that needs promoted? Please email the details to Brooke Vercheski for it to be added to the weekly newsletter!

BROOKE VERCHESKI

BROOKE.VERCHESKI@UCF.EDU

HAVE A GREAT WEEK!



10 Minute Oatmeal Banana Pancakes

Ingredients

- 2 bananas
- 1 cup oats
- 2 eggs
- 2 tbsp. yogurt
- 1 tsp baking powder
- 1 tsp vanilla or cinnamon (optional)
- 1 tsp butter or coconut oil

Instructions

- Use your food processor, blender or hand blender and a bowl to prepare the batter. Simply blend everything together until smooth.
- Heat a large non-stick pan to medium, cover with butter/coconut oil and pour the batter forming small, palm-sized pancakes. Reduce the heat a bit (these burn fast if the temperature is too high!).
- Once bubbles come up and the edges are done, flip using a large spatula. Cook until golden brown and then transfer to a plate.
- Serve immediately like this or top with your favorite toppings - fresh fruit, maple syrup, peanut butter or honey and butter.

Breakfast Burrito Bowl

- 2-3 large eggs
- 1 tablespoon butter
- Salt and pepper to taste
- ¼ cup shredded cheddar cheese
- 3 tablespoons fresh salsa
- ½ avocado cut into chunks (optional)

Directions

1. Preheat a cast iron skillet or heavy-bottomed pan over low-medium heat.
2. Add the eggs to a medium-sized bowl and whisk to break the yolks. Season with salt and pepper to your taste, and whisk until the eggs are fluffy.
3. Add the butter to the preheated skillet and swirl to coat.
4. Pour in the eggs and allow them to spread in an even layer. Cook for 20-30 seconds, then begin by scraping around the edges of the pan with a silicone spatula.
5. Slide the silicone spatula through the eggs, creating curds, until the eggs are cooked through; about 1-2 minutes total.
6. Transfer the scrambled eggs to a bowl and top with shredded cheddar cheese, salsa, cubed avocado, and the toppings of your choice.

Warm Easy Meals

CREAM OF POTATO SOUP

Ingredients

- 1 tablespoon unsalted butter
- ½ cup chopped white onion
- ½ cup chopped celery
- 2 cloves cloves garlic , minced
- 6 cups peeled and cubed Yukon Gold potatoes
- ½ teaspoon salt
- ¼ teaspoon pepper
- 3 cups chicken broth
- ½ teaspoon fresh thyme leaves or ⅛ teaspoon dried thyme
- 2 bay leaves
- ⅛ teaspoon cayenne pepper
- 4 ounces cream cheese , cut into cubes
- 1 cup half and half
- Optional garnishes: crumbled bacon, sliced green onions, shredded cheddar cheese

Instructions

- Heat a large Dutch oven or pot over medium heat. Add the tablespoon of butter and the chopped onion and celery. Sauté the vegetables until tender, about 5 minutes. Add the garlic and sauté for an additional 30 seconds being careful to not burn.
- Add the cubed potatoes, salt and pepper to the pot. Cover the potatoes with chicken broth. Add the bay leaves, thyme and cayenne pepper.
- Bring to a simmer and cook until potatoes are fork tender, about 10 minutes.
- Remove the pot from heat. Add the cream cheese and stir to melt into the soup. Pour in the half and half.
- Use an immersion blender to blend part of the potatoes to make the soup thick and creamy leaving half of the potato cubes. Or transfer about half to a blender and blend until smooth, then return to the pot.
- Serve immediately with cooked crumbled bacon, shredded cheddar cheese and green onions.

Broccoli Cheddar Soup

Ingredients

- 1/2 cup yellow onion, chopped
- 4 tablespoons butter
- 5 tablespoons flour
- 1 teaspoon garlic powder
- 3 cups low-sodium vegetable broth
- 3 cups broccoli, chopped
- 3 cups cheddar cheese, shredded
- 1 cup heavy cream
- 1 cup milk
- 1 cup carrots, grated (2 carrots)
- 3 teaspoons salt (this will be less if you do not use low-sodium vegetable broth)
- 1 teaspoon paprika
- 1 teaspoon pepper

Instructions

- In a large pot on medium heat add your onion and butter. Cook for 5 minutes or until the onions are translucent.
- Add in the flour and garlic powder to make your roux. Continually stir for 3 minutes.
- Add in the vegetable broth and mix until the lumps are gone for 2-3 minutes.
- Add in the broccoli, cheddar cheese, heavy cream, milk, carrots, salt, paprika, and pepper.
- Stir until thoroughly combined.
- Simmer on low for 30 minutes. Stir occasionally
- Serve immediately.

Dinner

Mediterranean Chicken and Orzo

Ingredients

- 2 tablespoons [olive oil](#)
- 1 lb [chicken breasts](#) sliced thin + pounded
- 1 1/2 cup [whole wheat orzo](#) (dry)
- 1/2 tablespoon garlic minced
- 1.5 cup [grape tomatoes](#) halved
- 1/2 cup [kalamata olives](#) pitted + sliced into small pieces
- 1/4 cup white wine
- 1 cup spinach chopped
- 1/4 cup [pine nuts](#) (optional if nut free)
- 1 tablespoon [fresh basil](#) chopped
- 1 tablespoon [fresh parsley](#) chopped
- 1/2 teaspoon pepper
- 1/2 teaspoon [oregano](#)
- 1/2 cup feta (optional)
- 1/4 teaspoon [red pepper flakes](#) (optional)

Directions

- Bring a small pan of water to a boil. Cook orzo per directions.
- While orzo is cooking, on a separate large skillet or pan heat 1 tablespoons olive oil.
- Optional: You can season the chicken with salt and pepper before searing.
- Add chicken to the heated pan and cook until it is golden brown, about 5-7 minutes on each side. Remove from pan and set off to the side.
- Once the chicken has been removed from the pan. Make sure to keep oil/grease in pan. Add additional tablespoon olive oil to the pan and heat.
- Stir in garlic and cook over medium heat for 1 minute. Stir in cherry tomatoes and white wine. Cook over medium heat until tomatoes are soft soft + wine begins to reduce (about 5-10 minutes)
- Once tomatoes are cooked, stir in cooked orzo, kalamata olives, spinach, spices and pine nuts together in the pan. Toss until combined.
- Serve the chicken on top of the orzo, garnish with feta + enjoy!

UNSTUFFED PEPPERS SKILLET

Ingredients

- 1 pound lean ground beef
- 1/2 medium yellow onion chopped
- 3-4 cloves garlic minced
- 2 cups beef or chicken broth
- 3/4 cups white Jasmine rice
- 2 bell peppers any color, seeded and chopped
- 1 14 ounce can diced tomatoes with juices
- 2 tablespoons [tomato paste](#)
- 1 tablespoon Worcestershire sauce
- 2 teaspoons [Italian seasoning](#)
- 1 teaspoon [kosher salt](#)
- 12-15 cranks fresh-ground black pepper
- 1 cup shredded mozzarella
- parsley for garnish optional

Directions

- Warm a large skillet over medium-high heat. When hot, add the beef, onion, and garlic. Cook for 4-5 minutes, stirring frequently, until the meat is crumbled and well-browned. Drain any excess grease and return skillet to the heat.
- Stir in the broth, rice, bell peppers, tomatoes, tomato paste, Worcestershire, Italian seasoning, salt, and pepper. Increase heat to bring the mixture to a rapid simmer, stir well, then reduce heat to medium-low. Cover and cook for 18-20 minutes, until the liquid is absorbed and the rice is tender.
- Stir the mixture gently, then top with shredded mozzarella. Return to the heat and recover, or place under the broiler for 1-2 minutes, to melt and brown the cheese, as desired. Garnish with parsley or other herbs as desired, and serve.

Treats

Kitchen Sink Cookies

Ingredients

- 2 cups All-Purpose Flour (250 grams)
- 1 teaspoon Baking Soda
- 1/2 teaspoon Kosher Salt
- 2 sticks Unsalted Butter, softened to room temperature (1 cup)
- 3/4 cup Light Brown Sugar, packed (150 grams)
- 1/2 cup White Sugar (100 grams)
- 1 large Egg
- 2 teaspoon Pure Vanilla Extract
- 1 1/2 cups Semi-Sweet Chocolate Chips
- 1 cup Toffee Bits (like Heath Bits o' Brickle English Toffee Bits)
- 1 cup Crushed Potato Chips (like Ruffles)
- 1/2 cup Chopped Pretzels
- 1/2 teaspoon Flaky Sea Salt, for topping (optional; like Maldon flaked sea salt)

Instructions

1. Preheat oven to 350°F / 177°C.
2. Line two baking sheets with parchment paper or a baking mat like Silpat. (These will make it easiest to remove the cookies from the pan after baking.)
3. In a medium mixing bowl, whisk together flour, baking soda, and salt. Set aside.
4. In a stand mixer fitted with the paddle or using a hand mixer, beat together butter and both sugars until light and fluffy.
5. Add egg and vanilla extract and mix on low, scraping down the bowl as needed.
6. Add dry ingredients to mixer and mix on low just until everything is combined.
7. Stir in chocolate chips, toffee bits, potato chips, and pretzels.
8. Roll cookie dough into golf ball-sized balls. (Roll them extra toppings if you would like.) Spread cookie dough out on prepared pans, leaving about 6 inches between them.
9. Bake cookies until edges are crisp and centers are still soft, 10-12 minutes.
10. When you remove the cookies from the oven firmly tap the baking sheets on the kitchen counter to deflate them (this will make the centers soft). Sprinkle the cookies lightly with flaky sea salt (if using).
11. Allow the cookies to cool on the pan for 5 minutes before transferring to a cooling rack.
12. Store in an airtight container at room temperature for up to 1 week.

Apple Dumplings with Sauce

Ingredients

- 3 cups all-purpose flour
- 1 teaspoon salt
- 1 cup shortening
- 1/3 cup cold water
- 8 medium tart apples, peeled and cored
- 8 teaspoons butter
- 9 teaspoons cinnamon sugar, divided

SAUCE:

- 1-1/2 cups packed brown sugar
- 1 cup water
- 1/2 cup butter, cubed

Instructions

1. In a large bowl, combine flour and salt; cut in shortening until crumbly. Gradually add water, tossing with a fork until dough forms a ball. Divide into 8 portions. Cover and refrigerate at least 30 minutes or until easy to handle.
2. Preheat oven to 350°. Roll out each portion of dough between 2 lightly floured sheets of waxed paper into a 7-in. square. Place an apple on each square. Place 1 teaspoon butter and 1 teaspoon cinnamon sugar in the center of each apple.
3. Gently bring up corners of dough to each center, trimming any excess; pinch edges to seal. If desired, cut out apple leaves and stems from dough scraps; attach to dumplings with water. Place dumplings in a greased 13x9-in. baking dish. Sprinkle with half the remaining 1 teaspoon cinnamon sugar.
4. In a large saucepan, combine the sauce ingredients. Bring just to a boil, stirring until blended. Pour over apples; sprinkle with remaining cinnamon sugar.
5. Bake until apples are tender and pastry is golden brown, 50-55 minutes, basting occasionally with sauce. Serve warm.

HAVE A GREAT WEEK!