PRIVATE CLIENT GROUP

A higher level of service.

The BankPlus Private Client Group was created to meet the needs of successful customers like you.

Our Private Client Bankers provide the exceptional financial products and services BankPlus is known for, tailored to meet your unique needs and lifestyle.

With a Private Client Banker, you can get all of your banking done on your schedule and at your convenience. To experience this higher level of service, please call a Private Client Banker today.

For Trust Services contact:
David Martin
dmartin@trustmark.com
(601) 208-2952.

Contact us today at (601) 208-2952.

Trustmark Wealth Management provides convenient access to skilled professionals dedicated to providing you superior service. We offer the following customized products and services to address your individual needs:

- Retirement Plan Services
- Private Banking
- Personal Trust Services
- Estate Planning
- Estate Administration
- Foundation & Endowment Services
- Personal Portfolio Management
- Risk Management Services*

*A higher level of service.

Trustmark Wealth Management is a division of Trustmark National Bank.

© Copyright 2012 BankPlus. Member FDIC.

John Pearson: 601-321-2212
Johnny Donaldson: 601-321-2223
Karma Williams: 601-321-2206
Natalie Arnemann: 601-321-2214
Wilson Holifield: 601-321-2213

Trustmark Wealth Management

Securities and Insurance Products:
Not FDIC Insured
Not Bank Guaranteed
Not Insured by any Federal Government Agency

Uncommon Commitment

 Contents

6 One Down, Seven to Go: Advice from an M1
8 Klaus Ball Pics
10 Book Drive
13 Gluten-free Recipes

Carnival Season has begun! You know what that means!!

KING CAKES!!!

What do you look for in a PERFECT KING CAKE?
Freshly baked?
Real cream cheese filling?
Large enough to feed many?
LOOK NO FURTHER... We have the best King Cakes in town! Ask anyone!

601.362.2900
broadstreetbakery.com
Happy New Year and welcome back to UMC! I hope the holidays treated you well. This year we have a lot of exciting things in store. One of which is the new student directory that will be unveiled either late January or early February. There is currently a directory built into SAP (the site that houses your financial aid), but it has limited functionality and an unwieldy user interface. We are fixing these problems and making it specifically for students by eliminating the residents and other faculty members that show up in the searches. In the new version you will be able to sort by school as well as graduation year. So for instance if you wanted to find someone in the school of medicine class of 2013 but didn’t know their name, all you would have to do would be to select that school and that year and scroll through that class until you found the face you were looking for. From there, you will be able to email or call the person you found. Don’t worry, we are not going to ask you to submit or upload a photo. We are going to use the photos that everyone took before they started school, the ones that are currently on your badges. We are really excited about this and hope you will be too. If you do not wish to participate, there will be an option to opt out once the site goes live. Please email me if you have any questions or concerns.

Jake Lancaster
ASB President
wlancaster@umc.edu

I don’t want to write about events this month. I just found out that at least eighteen kids were shot and killed in Connecticut, and I want to focus on things that are important.

Eleven years ago terrorists hijacked planes and crashed them into buildings. Then, for a while, Americans were all on the same team. It felt nice, though I knew that it was emotional rather than substantive. We soon split into sides and yelled at each other with as much fury as ever. Emotions can be strange and dangerous, especially when we feel something powerful but don’t know what to do with it. I don’t know what to do with what just happened. That’s the truth.

Confidence is a joke. I don’t trust confidence one bit. An attitude of anything less is prideful. So ask yourself how am I responsible for this? Peace. Be still.

An attitude of anything less is prideful. So ask yourself how am I responsible for this? Peace. Be still.

I know that nothing I wrote above sounds pretty or unified. It’s not supposed to. Sometimes the world rears its head through foggy glasses and chip away at what appear to be the rough parts of humanity. It’s tough to know if we’re hitting the right pieces or not because the roughness morphs and grows anew in unexpected places. And each of us is attacking a different, and often conflicting, part of the same ugly monster.

I know that nothing I wrote above sounds pretty or unified. It’s not supposed to. Sometimes the world rears its head through foggy glasses and chip away at what appear to be the rough parts of humanity. It’s tough to know if we’re hitting the right pieces or not because the roughness morphs and grows anew in unexpected places. And each of us is attacking a different, and often conflicting, part of the same ugly monster.

The world is complex, far more than we’re comfortable to admit. I’m arguing that sometimes it’s OK to feel lost and helplessly and alone. It’s even good for us. Blind and relentless conviction is a form of nihilism that camouflages itself and rips us apart. If we sacrifice some of that confidence, yes, people might not look to us as leaders as readily as they have in the past, but over time we’ll gain a quiet calm and openness that people will come to trust.

Jonathan Peeples, M4
ASB Vice President

I don’t want to write about events this month. I just found out that at least eighteen kids were shot and killed in Connecticut, and I want to focus on things that are important.

Eleven years ago terrorists hijacked planes and crashed them into buildings. Then, for a while, Americans were all on the same team. It felt nice, though I knew that it was emotional rather than substantive. We soon split into sides and yelled at each other with as much fury as ever. Emotions can be strange and dangerous, especially when we feel something powerful but don’t know what to do with it. I don’t know what to do with what just happened. That’s the truth.

Confidence is a joke. I don’t trust confidence one bit. An attitude of anything less is prideful. So ask yourself how am I responsible for this? Peace. Be still.

An attitude of anything less is prideful. So ask yourself how am I responsible for this? Peace. Be still.

I know that nothing I wrote above sounds pretty or unified. It’s not supposed to. Sometimes the world rears its head through foggy glasses and chip away at what appear to be the rough parts of humanity. It’s tough to know if we’re hitting the right pieces or not because the roughness morphs and grows anew in unexpected places. And each of us is attacking a different, and often conflicting, part of the same ugly monster.

I know that nothing I wrote above sounds pretty or unified. It’s not supposed to. Sometimes the world rears its head through foggy glasses and chip away at what appear to be the rough parts of humanity. It’s tough to know if we’re hitting the right pieces or not because the roughness morphs and grows anew in unexpected places. And each of us is attacking a different, and often conflicting, part of the same ugly monster.

The world is complex, far more than we’re comfortable to admit. I’m arguing that sometimes it’s OK to feel lost and helplessly and alone. It’s even good for us. Blind and relentless conviction is a form of nihilism that camouflages itself and rips us apart. If we sacrifice some of that confidence, yes, people might not look to us as leaders as readily as they have in the past, but over time we’ll gain a quiet calm and openness that people will come to trust.

Jonathan Peeples, M4
ASB Vice President

Accelerated BSN Students Inspire Diabetic Children at Camp Kandu

Between studying and our finishing up our second round of clinical rotations, the UMMC Accelerated Nursing BSN class found a Saturday to serve their community. On November 10, we volunteered at Camp Kandu at Twin Lakes Camp just outside of Florence, Miss. Camp Kandu - a place where kids with diabetes ‘Kandu’ anything - is a free camp for children with diabetes, as well as their parents and family members, sponsored by the Diabetes Foundation of Mississippi. Parents learn about healthy meal-planning, exercising regularly and monitoring blood glucose, while children have a day packed full of activities including relay games, arts and crafts and karate.

We helped supervise the activities, while getting involved ourselves. The children enjoyed the ‘grown-up’ play along with them, while we were able to closely monitor the children for signs of hypoglycemia. There is no better way to spend a beautiful fall Saturday than being outdoors and serving others.

Dana Roberts
Accelerated BSN, Class of 2013

VP column

I don’t want to write about events this month. I just found out that at least eighteen kids were shot and killed in Connecticut, and I want to focus on things that are important.

Eleven years ago terrorists hijacked planes and crashed them into buildings. Then, for a while, Americans were all on the same team. It felt nice, though I knew that it was emotional rather than substantive. We soon split into sides and yelled at each other with as much fury as ever. Emotions can be strange and dangerous, especially when we feel something powerful but don’t know what to do with it. I don’t know what to do with what just happened. That’s the truth.

Confidence is a joke. I don’t trust confidence one bit. An attitude of anything less is prideful. So ask yourself how am I responsible for this? Peace. Be still.

An attitude of anything less is prideful. So ask yourself how am I responsible for this? Peace. Be still.

I know that nothing I wrote above sounds pretty or unified. It’s not supposed to. Sometimes the world rears its head through foggy glasses and chip away at what appear to be the rough parts of humanity. It’s tough to know if we’re hitting the right pieces or not because the roughness morphs and grows anew in unexpected places. And each of us is attacking a different, and often conflicting, part of the same ugly monster.

I know that nothing I wrote above sounds pretty or unified. It’s not supposed to. Sometimes the world rears its head through foggy glasses and chip away at what appear to be the rough parts of humanity. It’s tough to know if we’re hitting the right pieces or not because the roughness morphs and grows anew in unexpected places. And each of us is attacking a different, and often conflicting, part of the same ugly monster.

The world is complex, far more than we’re comfortable to admit. I’m arguing that sometimes it’s OK to feel lost and helplessly and alone. It’s even good for us. Blind and relentless conviction is a form of nihilism that camouflages itself and rips us apart. If we sacrifice some of that confidence, yes, people might not look to us as leaders as readily as they have in the past, but over time we’ll gain a quiet calm and openness that people will come to trust.

Jonathan Peeples, M4
ASB Vice President

Accelerated BSN Students Inspire Diabetic Children at Camp Kandu

Between studying and our finishing up our second round of clinical rotations, the UMMC Accelerated Nursing BSN class found a Saturday to serve their community. On November 10, we volunteered at Camp Kandu at Twin Lakes Camp just outside of Florence, Miss. Camp Kandu - a place where kids with diabetes ‘Kandu’ anything - is a free camp for children with diabetes, as well as their parents and family members, sponsored by the Diabetes Foundation of Mississippi. Parents learn about healthy meal-planning, exercising regularly and monitoring blood glucose, while children have a day packed full of activities including relay games, arts and crafts and karate.

We helped supervise the activities, while getting involved ourselves. The children enjoyed the ‘grown-up’ play along with them, while we were able to closely monitor the children for signs of hypoglycemia. There is no better way to spend a beautiful fall Saturday than being outdoors and serving others.

Dana Roberts
Accelerated BSN, Class of 2013

News from the School of Nursing

Accelerated BSN Students Inspire Diabetic Children at Camp Kandu

Between studying and our finishing up our second round of clinical rotations, the UMMC Accelerated Nursing BSN class found a Saturday to serve their community. On November 10, we volunteered at Camp Kandu at Twin Lakes Camp just outside of Florence, Miss. Camp Kandu - a place where kids with diabetes ‘Kandu’ anything - is a free camp for children with diabetes, as well as their parents and family members, sponsored by the Diabetes Foundation of Mississippi. Parents learn about healthy meal-planning, exercising regularly and monitoring blood glucose, while children have a day packed full of activities including relay games, arts and crafts and karate.

We helped supervise the activities, while getting involved ourselves. The children enjoyed the ‘grown-up’ play along with them, while we were able to closely monitor the children for signs of hypoglycemia. There is no better way to spend a beautiful fall Saturday than being outdoors and serving others.

Dana Roberts
Accelerated BSN, Class of 2013
By Summer Bailey, M1

As I turned in my last Biochemistry exam, I wasn’t quite sure what to do or how to feel. Even though it was officially Christmas break, it took me a few days to realize I didn’t have a mandatory session to attend or an upcoming test to prepare for. After completing the hardest semester of my life, I took the advice of a faculty member on campus: “Go home, take a break, and reflect on this experience: this is an experience unlike any other you’ve had before, and it’s one that needs to be understood and appreciated. It’s an experience that’s truly worth it in the end, and you need to keep remembering why you are here and what you want to get out of it.” My primary focus during this journey has been on the advice I received that semester. I’ll be honest: there were times when I got the advice and just didn’t want to listen while there were other times that I took the advice to heart and it paid off. But now that I’m not buried under Biochemistry reactions and Gross Anatomy origins and insertions, there is some advice that I know I would give to any incoming student of any school at UMC if I had the chance to speak with them.

1) Find an outlet that helps you escape from the stresses of medical school. Medical school is a job, so you really have to find a way to get away from it all or else you will go crazy. For some, it’s God, while for others it’s setting a day aside that they would watch a favorite TV show of theirs no matter how much work they had. For me, it was exercise, watching TV when I had the chance, and cooking (because I love to eat). I think that any student going into any field needs to make sure to do this. You can’t let any activity cause you to lose who you are and forget what things you love, so make time for them. It seems like there isn’t any time, but try to make time for those things that matter to you.

2) Find whatever works for you when it comes to studying — and stick to it: It’s easy to get influenced by what others are doing, especially when they seem to have it more together than you, but you can’t forget that you got into medical school because of what you did during your academic career. It may take time to figure out the most efficient way for you to learn material, where you study best with minimal distractions, or what changes you may need to make to your routine, but like the outlet, you cannot lose the person that got you into medical school because you ended up comparing yourself to others. Every student has a different gift or talent, so stay true to yourself and, as an M2 told me, don’t let anyone steal your joy.

3) A support system is key, and find people that lift you up (family and friends, medical school related and nonmedical school related)— when I started medical school, I had the best support system possible: a father who told me “you know, you don’t have to do this if you don’t want to; we’ll be proud no matter what!”, a mother and aunt who are also in the medical field who told me “just do your best”, and a granny who would say “you know, you’re my smartest grandbaby” even though I have a younger sister who is as smart, “you know, you’re my smartest grandbaby” even though I have a younger sister who is as smart, if not smarter, than me. Find classmates and others that will lift you up during hard times and also stay in touch with your non-medical school friends who can give you the encouragement you need because you are in a difficult field, which can be hard to realize when you are surround- ed by is in the same boat that you are in. My non-medical school friends were a great support system just because they were able to remind me that what I am doing is hard and to be proud of everything I accomplished. Having a boyfriend in medical school also made the transition easier; when I needed to talk about how horribly my day went or to completely go into study mode, he would understand and not complain because he completely understood the position I was in. With- out all of the amazing people that I had to support me through the semester, I don’t think I would’ve made it. So I would tell any incoming student to find people that will encourage them and make them realize that they can make it through.

4) When I was buying earrings last week, the woman assisting me asked me where I worked. When I told her that I was a medical student at UMMC, her eyes got bright and she replied, “My daughter just got into Meharry and she will be a medical student there in the fall.” Before I left the store with my purchase, I told the woman, “Tell your daughter good luck and she’ll make it. There will be some days where she will feel like she won’t make, or that she wants to give up, but she can do it.” As I walked out of the store, I finally realized I had made it to the other side of Blacktober, the Gross Anatomy practicals, and the Hawaiian T-shirt contest that once looked so far away at the end of the schedule. I had survived the semester that many people told me I would make it through and I will take the lessons I’ve learned and get through the (many) semesters to come. More importantly, it’s now my turn to encourage other students behind me that they can – and will – do the same.

Every bank offers SBA lending, we just do it better.

That’s why we’re ranked #1 in the areas we serve.

We have been #1, in areas where we conduct business, for the last 4 years*. As an SBA Preferred Lender, our SBA loan applications are processed and approved in-house, saving time for our customers. Local decisions made by local people. Available funds at historic low rates. When it comes to business banking, contact your local Community Bank to see how we are like no other bank you know.

*Based on dollar amount on regular SBA loans.
The official School Cup event for the UMMC Graduate School will be a Book Drive supporting two great organizations. It will run for two weeks—from February 18 through March 1—and the beneficiaries will be Stewpot’s Opportunity Center and Mississippi Children’s Home Services.

The Opportunity Center is a day shelter for Jackson’s homeless population. In addition to serving as a location where men and women can congregate indoors and avoid extremes in weather, it has the important goal of trying to equip and help these individuals find employment. Although the facility has plenty of bookshelves, there is a dire need to fill them, as the number of books on them is sparse. They will accept any type of book or magazine, but they have specifically requested mystery and science fiction books, encyclopedias, and magazines like ESPN, People, and US Weekly. If you choose to donate magazines, please make sure they are relatively current (i.e. less than a year old). For more information about The Opportunity Center, please visit www.stewpot.org.

Mississippi Children’s Home Services serves children of all ages, providing a wide array of services that include education, adoption, foster care, counseling, and others. The impact they are making on the young people of our city and state is tremendous. They have both community-based and campus-based programs, and they are always looking for more books. Specifically they have requested storybooks for the younger children, inspirational and devotional books, and fiction and literature books. However, they will accept all books that are appropriate for children, so please do not hesitate to donate one (or several) just because it does not fit into one of these categories. For more information about Mississippi Children’s Home Services, please visit www.mchscares.org.

Start collecting books to donate, and keep an eye out for the donation boxes in your school’s designated drop-off location!

The economy proved to be a real Grinch this Christmas season. Over 5,000 parents in the Jackson metro area feared that Santa Claus would not be able to visit their house on Christmas Eve. However, due to the Salvation Army’s Angel Tree program, these fears were put to rest. This program allows the community to spread a little extra Christmas cheer during the holiday season.

The University of Mississippi Medical Center’s School of Nursing junior class adopted twelve children from the Salvation Army’s Angel Tree. The junior class provided each child with the following items: a warm clothing outfit, a new pair of shoes, a set of pajamas, an age appropriate book, and one to two items from the child’s wish list. All presents were wrapped and delivered to the Angel Tree in hopes that the twelve angels would celebrate a Christmas filled with joyous memories.

Emileigh Seal
Junior Class Reporter SON
Class of 2014

Email questions to pmittwede@umc.edu
Hosted by UMMC Graduate School
1. What country of the world produces more feature films than any other country?
2. What was the first state to enter the union after the original thirteen?
3. Between 1839 and 1860, China and the Western world engaged in military clashes over what intoxicant?
4. Does a merry-go-round turn counter- or clockwise?
5. He ascended to the English throne in 1422, at the age of 9 months.
6. During his reign, the War of the Roses occurred. He was a mild, hon-
7. If you have a deep genuine fear of the number 13, you may have Para-
8. Birth control pills designed for humans will also work for a gorilla.
9. The only animal with four knees is the elephant.

**Gluten-Free Goodness**

I wrote back in September of 2011 about a health trend that is becoming more and more prevalent each day, even in the fried-

food capital of the world. It is probable that each person reading this has at least heard the term gluten-free, or knows someone that lives it—whether for a medical condition like celiac disease, or for general health. I have been gluten free for a year and a half now, and believe it or not, junk-food fans – I’ve actually had requests to write about it again!

A little refresher course: gluten is a protein found in wheat, barley and rye. It can be used as a food additive or thicken-
ing agent, and sneaks its way into such unlikely carriers as salad dressing, spices, soy sauce, and chocolate bars. Cross-

contamination can also be an issue in restaurants and shared

kitchens. As a result, it turns people like me into “that girl” who orders food like Meg Ryan in When Harry Met Sally. If a person with celiac disease consumes gluten, an autoimmune reaction occurs against intestinal villi, making absorption impossible over time. If a strict gluten-free diet isn’t followed, chances for nutrient deficiency, intestinal cancer, and osteoporosis are greatly increased, along with many more unwanted conditions.

Becoming gluten free was a little overwhelming at first, but I hardly think about it anymore. I’ve learned which products to stay away from, and how to adapt recipes that still taste good.

To prove it, here’s a meal I made a few days ago. It was so easy, delicious, and completely gluten-free!

---

**Shrimp Tacos**

Ingredients:
- Corn tortillas
- 1 lb. shrimp (or however many you’ll eat), peeled and deveined
- ½ cup flour (I substituted gluten-free Bisquick, which is awe-
- Some corn meal (I substituted corn starch, which is de-
- salt and pepper
- olive oil
- Toppings (I used fresh salsa, black beans, avocado, sour
- cream, and some lime wedges)

Suggested sides: black beans cooked with green onion, chips

and salsa

**FLOURLESS PEANUT BUTTER SALTED NUTELLA THUMBPRINT COOKIES**

Instructions: easy. Mix the flour, corn meal and salt and pepper. Dip the shrimp in the

egg white and then in the mixture and then sauté it in some olive oil. Put it in the taco

with your toppings! Corn tortillas tear easily, but they hold together better if they’re heated and softened. And of course we can’t forget dessert...

---

**Nutella Thumbprint Cookies**

Preheat the oven to 350 F & place racks in the upper and lower third of

the oven. In a medium bowl, mix the peanut butter, sugar, egg and vanilla until well

combined. Spoon 1 tablespoon of mixture about 1 inch apart onto parchment paper

lined baking sheets. Flatten the mounds into even cookie shaped rounds about 1/2″

thick. Bake until beginning to brown – about 7 minutes. Using the back of a melon

baking sheet and bake for another 5-7 minutes until set and golden brown. Remove

from oven and allow to cool and firm up – these cookies are fragile while warm and

can break easily until they cool. Once cooled, drizzle 1/2 tsp. of well stirred Nutella

into the thumbprint well of each cookie and top with a tiny sprinkle of sea salt.

And of course we can’t forget dessert...

---

**Trivia**

1. What country of the world produces more feature films than any other country?
2. What was the first state to enter the union after the original thirteen?
3. Between 1839 and 1860, China and the Western world engaged in military clashes over what intoxicant?
4. Does a merry-go-round turn counter- or clockwise?
5. He ascended to the English throne in 1422, at the age of 9 months.
6. During his reign, the War of the Roses occurred. He was a mild, hon-
est, pious man, a patron of literature and the arts, and founder of Eton
College. He was also mentally unstable. Who was he?

---

**Sudoku**

75% of the world’s population wash themselves in the shower from the
top to the bottom. Head first, feet last people.

There are 31,537,600 seconds in a year. A leap year has 31,622,400
seconds.

Approximately one fifth of all the publications from Japan are comic
books.

Did you know a slug has not only one nose but four? What a lot of people
call a nose on a slug is actually a breathing pore called a pneum-
montome.

Four out of five people over 100 years old are women.

The price of the Titanic cost about $7 million to build and the price of the
Titanic movie was about $200 million to make.

More people are killed from donkeys in a year than planes.

Most snowflakes form with 6 tips or branches. Generally, the colder it is when the snowflake is formed the sharper and more defined the tips will be.

The only animal with four knees is the elephant.

If you have a deep genuine fear of the number 13, you may have Para-
skevidekatriaphobia, also called Friggatriskaidekaphobia or Triskaid-
akhaphobia.

Birth control pills designed for humans will also work for a gorilla.

And of course we can’t forget dessert...
Want to be published? It’s easy! Send all articles, pictures and news stories to mcstone@umc.edu by February 10th.

Reading: A Casual Vacancy by JK Rowling
Listening to: “Excuses” by the morning benders
Watching: Revenge (season 1)
Gearing up for: licensing examinations
Encouraged by: 2 Corinthians 6.1-2
Tempted by: those peanut butter and nutella cookies I wrote about on the previous page. They are delicious.

Welcome to 2013!! I’m sure you have all been in GREAT anticipation for this first Murmur. Probably wondering if you would ever see this beautiful publication in these last dying days of January. Well don’t fret! I am a tad late on delivery, yes, but it is here nonetheless!

To be honest, I have had a few other things on my plate lately, even outside of school (that’s right, everyone, there are actually things that happen outside of school)…I’m getting married! On December 21st, 2012, the world was supposed to end—but then it didn’t, so and a guy named Jonathan decided to put a ring on it. I had no idea how crazy life is when you’re trying to plan a wedding. I know all you guys think that every girl has been dreaming of every last detail of her wedding since she could think in complete sentences…not me. Other than a few minor tidbits, I am completely clueless. Here are some things I’ve learned in the near-month I’ve been engaged:

1.) Wearing Something Sparkly Is Way Cooler Than You’d Think.
I completely did not get the fascination with diamond rings…until I had one, that is. Since that fateful December day, I have become more and more obsessed with that little bauble on my left hand. My dad and brothers and fiancé have all on separate occasions caught me staring at how it glimmers, like an ocean wave in the early sun. A diamond is truly a thing of beauty.

2.) Weddings Make You Crazy.
I didn’t, and so a guy named Jonathan decided to put a ring on it. I had no idea how crazy life is when you’re trying to plan a wedding. I know all you guys think that every girl has been dreaming of every last detail of her wedding since she could think in complete sentences…not me. Other than a few minor tidbits, I am completely clueless. Here are some things I’ve learned in the near-month I’ve been engaged:

3.) Guys Don’t Like Planning Weddings.
Every time I’ve tried to talk to my fiancé or my dad about wedding things, they get this look on their face like I’ve asked them to give CPR to a dying chicken…wide-eyed bewilderment mixed with just a little bit of disdain. I know, it’s nothing personal, but you should know, guys…this only serves to feed my inner Bridezilla. I try to keep her in check, but, I’ll admit it, I cave sometimes (hysterical breakdown count=3 so far). My pride is hurting just a little bit, but I gotta be real.

4.) Pinterest Is Evil.
No other internet entity could enable brides to idealize their weddings to the point of insanity. It very quickly turns the weddings of our mothers, which in essence were a quick ceremony followed by cake and punch in the church reception hall, to an extravagant affair involving unbeatable venues, original attire, signature cocktails, and décor that claims to be DIY but was actually styled by a professional designer. As a bride, you can be rustic, vintage, chic, classic, or a litany of other descriptors. How about this, internet world: I want to be married. End of story. (But for real…you know I’ma be gunning for a spot on marthastewartweddings.com)

It’s a very bittersweet thing. I’m extremely happy, don’t get me wrong…but pretty soon, I’ll be saying goodbye to the days that I’ve had only myself to look out for. I will no longer be able to call popcorn an acceptable dinner. I might even (gag) have to do a boy’s laundry. Not to mention that this particular fiancé is only in his second year of medical school, which makes me the sole financial provider for at least decades to come. Sigh. At least I’ll never have to take the trash out again.

And that is the best I have to offer. You’re welcome. I’ll try not to be obnoxious about wedding things in the four remaining editor’s notes I have to write EVER (hold the tears, please) but I make no promises — my brain has truly been overtaken by the wedding craziness. It cannot be helped! Until next time, everyone work hard, treat yo self, and stay warm in this wintry weather!

Mary Catherine Stone is a D4. She enjoys good pens, card games, and never having to take a standardized exam again. Her greatest ambition is to finish this Murmur before January 31st.
“My work is my life,” says psychologist Dr. Gladys Dinkins Johnson, who heads Jackson’s Wellington Institute. Adults and children in crisis turn to her for help with issues like grief, anxiety, depression, substance abuse and post-traumatic stress disorder.

After suffering a stroke that impaired her ability to walk, talk and write, Dr. Johnson found her own life and career in crisis. So she turned to Methodist Rehab for help. After two weeks of intense inpatient rehab, and through a continuing regimen of outpatient therapy, she is back on her feet and has returned to work helping others through tough times.

“It’s wonderful what Methodist Rehab is doing for me,” she said. “I went there in a wheelchair that I couldn’t get out of without assistance. They worked diligently with me and encouraged me that I would get better. And I have as you can see.”