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President’s Column

Since most people are tired of reading (?) my last few ramblings about the updated ASB website and the new student directory (available now), I decided to steal facts about Jackson from the visitjackson.com website.

- A French-Canadian trader named Louis LeFleur founded Jackson in 1821 on the west bank of the Pearl River. The town was originally named LeFleur’s Bluff. Before then, the area was referred to as Parkerville.
- After surveying areas north and east of Jackson, Thomas Hinds, James Patton, and William Lattimore reported to the general assembly that LeFleur’s Bluff would make an ideal place for the state capital. The site of the government was then moved from Natchez to Jackson.
- On November 28th, 1821, the legislature authorized the location to be the permanent seat of government and named it in honor Major General Andrew Jackson. He would later go on to be the 7th president of the United States.
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- On November 28th, 1821, the legislature authorized the location to be the permanent seat of government and named it in honor Major General Andrew Jackson. He would later go on to be the 7th president of the United States.
- The first capital state house was a two-story brick building 40 feet by 30 feet.
- In 1832, the “Old Capital” was built using Greek Revival architecture and remained the seat of government until 1903. The “New Capitol” was built in 1903.
- The Governor’s mansion, completed in 1842, is the second oldest residence of its type in the nation.
- During the Civil War, Jackson was burned three times by Union troops under the command of General William Tecumseh Sherman.

The city was given the nickname Chimneyville because only chimneys of houses were left standing.
- The northern line of Confederate defenses in Jackson during its siege was located on a road now known as Fortification Street.
- City of Soul is the nickname for Jackson. It is considered the southern border of the Mississippi Delta.
- It shares the Hinds county seat with the city of Raymond.
- The city was originally part of a region occupied by the Choctaw Nation.
- Jackson was the site of the passage of the first state law that permitted married women to own and administer their own property.
- Eudora Welty was born in Jackson in 1909 and lived most of her life in the Belhaven area.
- The Standard Life building, designed in 1929 by Claude Lindsley, became at the time the largest reinforced concrete structure in the world.
- Jackson sits atop the Jackson Volcano located directly below the Mississippi Coliseum.
- In 2010, Jackson’s population was 173,514.

Jackson Events

**February 10 @ 2:00pm**
Open Studio at the Mississippi Museum of Art
The museum invites everyone to come explore their “inner artist.” My inner artist is named Harold. He paints pictures of prominent Whig politicians with ketchup, mustard, and various other condiments. He believes that there is no finer canvas than that of the human soul. He dreams of someday inventing a machine that makes the human soul tangible so he can create an image of Millard Fillmore with mayonnaise on it. He is beginning to lose control. I am beginning to lose control.

**February 12 @ 7:30pm**
Giant Traveling Map of North America at the Mississippi Museum of Natural Science
There are twenty-three countries in North America. In a way, they really are part of a giant travel map because there’re on top of these things that I learned about in elementary school called tectonic plates. Marion Brando actually popularized the travel map genre back in the 1950s with his role of St. Vincent and the Grenadines. I highly recommend this event. I will not be going.

**February 15 @ 10:30am**
Look and Learn with Hoot at the Mississippi Museum of Art
Given Mississippi’s atrocious history of segregation, I’m shocked that the Museum of Art is sponsoring this event. It’s exclusively for children up to five and their parents. No one else is allowed in to see Hoot, the friendly owl. No one else is allowed to “dress for mess” for this 45-minute free program. If you’re six and you want to enjoy a hands-on art activity and story time, you can’t.

**February 16 @ 7:30pm**
Cirque de la Symphonie at Thalia Mara Hall
Aerial flyers, acrobats, and jugglers will “bring the magic of Cirque” to Thalia Mara Hall. Cirque was an ancient Babylonian sorceress who was trapped inside of a pyramid by the Rock during his reign as Scorpion King. I have mixed feelings about her magic returning to the world of the living. On the one hand, I’m not a fan of evil things destroying Jackson. On the other, encountering evil builds character. Tickets are $15, $30, or $50 with $5 seats for children.

**February 18-23**
COFO Center’s First Annual “Black History Makers” Symposium: Remembering Medgar Wiley Evers at COFO Center and Jackson State University
I did not know Medgar Evers’ middle name until the Evers International Airport was renamed the Medgar Wiley Evers International Airport. I do not know where the COFO Center is. Jackson State University is pretty close to UMMC. I have a general understanding of what a “symposium” is, but I could only define it in a circular, non-specific way. What I’m trying to say is that it might be better to google this event.

**February 22 @ 8:00pm**
Mike Epps at the MS Coliseum
Tickets are $35.50. The event offers “a roaring good time” to whoever chooses to go. You must judge if a roaring good time is worth $35.50.

**February 23 @ 7:30pm**
**February 23 @ 7:30pm**
Bravo IV: Beethoven’s Sixth at Thalia Mara Hall
Beethoven’s Sixth is also known as “Pastoral.” It’s weird because it has five movements instead of the regular four. This is a great opportunity for you to invite someone and pretend to care about something which you know nothing about. I got the movement thing from Wikipedia.

**February 26 – March 10**
Mahalia, a Gospel Musical
I’m always down for a little gospel singing and stage acting. This is the inspirational story of Mahalia, a leg- endary gospel singer who was born in a “shanty” in New Orleans. The shanty that the event planners are referring to is a “shack,” not the alternative spelling of “chanteey,” which is a sailor song. I do like the idea of Mahalia being born in a “chanteey,” though. A singer being born of a song rather than a song being born of a singer. I don’t understand that last sentence fragment.

**March 2 @ 10:00am-3:00pm**
Fossil Road Show at the Mississippi Museum of Natural Science
Come to the Fossil Road Show, bro. There’ll be all kinds of sweet fossil experts with their sweet tools of the trade. Be sure to bring your sweet fossil collection so the experts can identify all the sweet brontosaurus fossils you have. It might be sunny, so bring a sweet visor. It’s gonna be sweet, bro.
FMIG Dolls up for Banquet

By: Jonathan Buchanan

On January 31st, The Family Medicine Interest Group held its 12th Annual Winter Banquet at the Mississippi Museum of Art. The banquet serves as an opportunity to recognize all FMIG officers as well as provide a riveting speaker who is a practicing family physician in the state. This year, students, family medicine residents and faculty were honored to have Dr. Jason Dees, licensed family physician and President and CEO of the Magnolia Health Plan, give his speech entitled “Family Medicine: The Great Adventure.” It was a great chance for medical students to get a better understanding of what practicing family medicine is like in a rural area.

dental hygiene HAPPENINGS

Both the Junior and Senior Dental Hygiene Classes have merged with a joint effort to protect and promote their chosen profession through various activities this semester. The classes were participants in Vendor Day, Capital Day, and Give Kids a Smile Day. The hygiene clinic alone saw approximately 74 Jackson Public School students at Give Kids a Smile Day, interacted with over 30 vendors at Vendor Day, and pushed for revisions of the 2014 Practice Act at the Mississippi State Capital.

[more pics here]-->
The Bachelor: season 17 predictions

Don’t judge me too harshly for this. It is Wednesday, January 30, 2013 at 10:44pm. Last night I watched Episode 4 of The Bachelor, Season 17 featuring Sean Lowe. I’d like to offer my thoughts on the season thus far. By now you have read this, at least four more weeks will have passed, and several of the girls I mention below will be gone.

My theory of Bachelor predictions is simple. The Bachelor will pick the contestant that he is the most physically attracted to as long as she doesn’t have too many disqualifiers. Some disqualifiers include religious differences, insanity, lack of conversational skills, trappiness, age, and whining. The level of importance of these disqualifiers will vary based on the person.

Ashlee – Ashlee has a mid-range level of attractiveness to Sean without any major disqualifiers. She does have minor disqualifiers of age and a subtle questionability that I haven’t completely mapped out. Her adopted father is a pastor which should earn her bonus points with Sean.

Catherine – I can’t put my finger on it, but I don’t think Catherine makes it much further. We haven’t guttered much exposure yet. They gave her a little more air time than usual at the end of the last episode, but I think that was just to not make people say, “Who is that?” when she got the rose.

Danniella – Danniella is in front runner in my mind. She has a strange upper lip, and I believe that Sean is strongly attracted to this part of her anatomy. While she hasn’t been getting much TV time thus far, I think that a play by the producers to downplay her potential. She may fall victim to the disqualifier of “not having anything to talk about,” but that is yet to be determined. Ultimately, I expect Sean to love spending time with her.

Desiree – Desiree is possibly the next Bachelorette. She is attractive, and her personality appeals to most girls that I know. I also think that Sean genuinely likes her. I still don’t have a great grasp of her overall picture. The best thing that she has going for her is that she doesn’t seem “questionable” at all.

Jackie – I don’t know who Jackie is. She is gone.

Lesley – Lesley is interesting. She has a mid to high level of attractiveness with no disqualifiers. She has some past insecurities from her “I took AP classes” days which she tries to hide by talking too often and too quickly. This may also be a byproduct of her Washington environment. She is also a strong contender for the next Bachelorette.

Lindsay – Lindsay got really drunk and wore a wedding dress in the first episode. Every time I see her, I think, “Wow, Lindsay, you were really drunk and in a wedding dress, and you tried to play it cool by saying that maybe Sean wouldn’t get your hilarious joke.” On the one hand, she loves family “so much” and her parents are “so much in love,” which are both things that Sean values. On the other, she is “questionable” in the truest sense of the word. Her fondness for bikinis and hot tubs may have bought her time with our noble, protestant Bachelor.

Robyn – I like Robyn, but I am also terrified of Robyn. Her possible disqualifier of “insanity” is not well defined at this point. She’s sane for now, but I feel like something bizarre is going to happen. She is Tierra’s main enemy. I think she’s probably a good person with very strong opinions. That will eventually drive her away.

Sarah – Sarah has one arm. That’s supposedly not what defines her as a person, but I swear that is all she talks about. It’s got to be hard to do what the contestants are doing with one arm; I acknowledge that. Even so, Sarah is a winner. I’m sure it took courage for her to sign up for the Bachelor, but I’d much rather say, “Wow, that girl is doing all of this stuff with one arm and not complaining,” than to hear her beg people to tell her how much strength she has while she’s crying in front of the camera. Sean’s biggest concern right now is how to eliminate Sarah without looking and feeling like a jerk. It’s not easy.

Selma – Selma is probably the most attractive person on the show and she seems “sweet.” That said, I don’t trust her one bit. If this was Brad Womack’s season, she would make it to the finals (much like Chantel did). Her family situation and possible religious differences are enough to keep her from winning.

The Bachelor: season 17 predictions

February also means new reigning Super (dark) Bowl champions, and it means that just as you vowed to be healthier and maybe eat less junk food, here come two holidays that revolve around king cake and chocolate (Americans are so smart, by the way…)

If green and purple and gold are your thing, you are in luck – even 164 miles from the Big Easy, Jacksonians love doning Mardi Gras decor and avoiding the baby in their piece of king cake.

And then about those New Years’ resolutions – if you committed to working out 5 days a week, well, I hope you’ve been showing your face at the gym for a month now. But if you vow to run a half marathon before the year’s end, well, hey, you still have 11 more months, right?

Okay, so February has arrived… and what does that mean? Well, it means lots of things. It means we are a whole month into the New Year, which is good and bad, I guess. It means you should know to write 2013 every time you right the date, so when the bank teller hands you back your deposit slip because you wrote 2012, get with the program. Yeah, experience here…

And it means since Christmas was more than a month ago, we can no longer really use “getting back into the groove” as an excuse for suboptimal productivity.

But even better news – if pink and red are more up your alley, you have it made in the shade this month. It seems like you can divide everyone into 2 categories – those who like Valentine’s Day and those who just really don’t like it at all. (I guess some people may fall in between, but I bet y’all who do still like chocolate J). Anyway, you have the girls with significant others who get all excited about 2014, and then you have your significant others who either actually don’t mind the holiday, or they are forced to pretend they don’t mind the holiday… whatever. Then, you have the single girls, and this is the PERFECT excuse for chocolate and chick flicks or getting all dressed up for a girls’ night with a fancy dinner. But hey, the single guys can succumb to whatever sports, video games, and music make them happy.

February: in color

And last but not least, you have the M2s, who have their last Micro exam on Friday, February 15. YES, you read that correctly – (treat) – the day after the pink and red holiday. And let me explain what Micro means to the M2s. Micro means study; Micro means study hard; Micro likely means study harder than you have for any other class so far in medical school. Yeah, I thought so – you feel sorry for us, you do, and for our significant others or friends whom we are rain-checking for the sake of DNA and RNA viruses.

One thing is for sure – for those of us who have spouses/significant others/friends who are willing to love us anyway or even to “celebrate our Valentine’s Day on another day,” keep them around – they are pretty amazing.

And guess what? After the infamous post V-day exam is over, what do we get to do? Go buy candy and chocolate for 50% off of course, and then remember our New Year’s resolutions. I told you Americans were smart…

February is here! The month of love and all sorts of resolutions. I told you Americans were smart… You can’t escape it, you know. Valentine’s Day is right around the corner, and while some of you might not be interested in the holiday, you can’t help but notice the ads on television, the cards in the stores, and the people around you looking for love. It’s a time of year where we are bombarded with valentines, hearts, and other symbols of love. The holiday itself is not a bad thing, but the image of the “traditional” Valentine’s Day can be overwhelming for some. It can be difficult to navigate the expectations placed on us during this time. Here are a few tips to help you navigate Valentine’s Day:

1. Don’t feel pressure to do anything. There are many different ways to celebrate Valentine’s Day, and what works for one person might not work for another. If you don’t feel like going out or doing anything special, that’s okay. The most important thing is to do what makes you happy.

2. Focus on self-care. This is the perfect time to treat yourself with extra self-care. Take a bath, read a book, or do some yoga. Whatever makes you feel good, do that.

3. Show love to others. It’s not just about couples. You can show love to your friends, family, and even strangers. Send a heartfelt message or simply say “I love you” to someone who might need it.

4. Practice gratitude. Take a moment to reflect on all the things you’re grateful for in your life. It can be easy to get caught up in the hustle and bustle of life, but remembering what we’re thankful for can bring us joy.

5. Don’t forget the importance of mindfulness. This time of year can be overwhelming, but taking a few moments to breathe and be present can help you navigate the stresses of the season.

I hope these tips help you enjoy Valentine’s Day without feeling pressure or putting too much expectation on yourself. Remember, love is a deeply personal experience, and there’s no right way to celebrate it. So do what feels right for you.
Thursday, January 24th
Traditional BSN students got to meet and interview their district Senator and Representatives.

M1.5 Update
After a nice break for the holidays, school is back into full swing for the M1 class (or more officially the M1.5 class). A range of events from the new Population Health class to the Ambulance Chase has kept us busy. With the establishment of the new and improved Jackson Free Clinic, the freshmen medical students finally met for orientation at the clinic to learn skills such as taking blood pressure, writing medical abbreviations, and drawing blood. Speaking of blood, Daniel Robbins (M1) has organized Phlebotomy training with the Simulation Center for the M1 class in the upcoming weeks. So if you notice an M1 is about to draw a blood sample from a patient at the JFC, never fear. We are officially trained.

In the sports arena, we are in the midst of the intramural basketball season with three M1 teams (two men’s and one women’s). On the women’s side, it looks like the Hoops of Henle (team name credited to Carrie Shumaker) have a good chance of doing well if not winning overall. For the men, both teams are playing well and seem to be evenly matched. This held true when they met to play each other and one team won by the last shot at the sound of the buzzer. Upcoming is the Tasty U on Saturday, February 23, and the M1 class will have a booth displaying Wizard of Oz themed treats for any passersby. From the costumes to the food, you do not want to miss this!

Happy studying from the M1.5 class.

Eden Johnston, M1

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Lobby Day

1. How many furlongs are there in a mile?
2. Which 17-18th century monk invented sparkling champagne, and later the cork stopper?
3. At an 1991 auction in Michigan, some restaurant owners paid $11,000 for a used brassiere, formerly belonging to what woman?
4. Which U.S. state capital city was named after a knighted British navigator and writer?
5. In the 1950s and ’60s, this athlete was a standout in basketball, baseball, football, lacrosse, and track at Syracuse University. He became one of the greatest players in the NFL, but retired at his peak to pursue a Hollywood career. Who is it?

sudoku.

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now that’s interesting.

If you have 3 quarters, 4 dimes, and 4 pennies, you have $1.19. You also have the largest amount of money in coins without being able to make change for a dollar.

The numbers ‘172’ can be found on the back of the U.S. $5 dollar bill in the bushes at the base of the Lincoln Memorial.

In the average lifetime, a person will walk the equivalent of 350 words per minute.

The surface area of an average-sized brick is 79 cm squared.

According to suicide statistics, Monday is the favored day for self-destruction.

The most common name in the world is Mohammed.

It is believed that Shakespeare was 46 around the time that the King James Version of the Bible was written. In Psalms 46, the 46th word from the first word is shake and the 46th word from the last word is spear.

Solutions on pg. 14
**Super Bowl Facts**

By Summer Bailey, M1

10 things you (probably) didn’t know about this year’s Super Bowl:

(1) I would do 47 facts to be clever but…

1) Don’t think “Super Bowl XLVII” is a catchy name? Well, it also has the nicknames “The Harbaugh bowl”, “Harbowl”, “Super Baugh”, “Brother Bowl”, and the “Superbro”. Why the sibling themed nicknames, you ask? Super Bowl XLVII was the first Super Bowl where the opposing head coaches were brothers: Jim Harbaugh coaching the 49ers and John Harbaugh coaching the Ravens.

2) This was the first Super Bowl game that both teams had won every Super Bowl game they participated in. The Ravens won their only Super Bowl appearance (Super Bowl XXVIX), and the 49ers have been in the Super Bowl five previous times and won all five games (Super Bowls XVI, XIX, XXIII, XXIV, and XXIX).

3) It was the 10th Super Bowl to be played in New Orleans.

4) The Mardi Gras calendar was changed specifically for the Super Bowl. Parades were rescheduled due to the Super Bowl being on February 3rd.

5) There were over 4000 reporters at the game representing 28 countries, the most countries represented at a Super Bowl game.

6) Remember those commercials you watched? The average 30 second spot for a commercial is around $4,000,000. The price of a commercial for the first Super Bowl in 1967 was $42,000.

7) Think that’s a lot of money? Guess how much Beyonce got paid. Nothing. The Super Bowl pays none of its performers and actually covers the costs of the performances – which is fair enough, considering over 100 million people watch the Super Bowl every year and it’s almost always the most watched TV program every year.

8) Football fans were anticipated to eat 79 million pounds of Hass avocados and 1.23 billion chicken wings during this year’s Super Bowl.

9) Baltimore Ravens cheerleader Courtney Lenz was not allowed to cheer at the Super Bowl. Before being benched from the biggest sports event of the year, she had announced her planned retirement after being a 5-year veteran of the squad to further her full-time career (since professional cheerleaders don’t get paid a lot, they have jobs on the side). However, it’s been rumored that she was allegedly not allowed to cheer due to a weight gain. I think it’s safe to say she was not watching.

10) While one member of a Ravens team was banned after retiring, there is a successful retirement story related to the Super Bowl. Ray Lewis, the linebacker for the Ravens, plans to retire after the huge win during the Super Bowl, which will save the Ravens $4.4 million in 2013. He’s the only player in NFL history to get 30 interceptions and 40 sacks in his career. His first sack was against the 49ers coach Jim Harbaugh when he was the quarterback for the Indianapolis Colts.

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is to pass everything coming her way. She really likes. Her greatest ambition are rain storms, and giving food to people. Enjoying finding board patients, good pictures and news send all articles, the next Murmur, print something in.

**Convicted by:**

- Thankful for:
- Looking for:
- Praying for:
- Listening to: Job

**Reading:** Job
**Praying for:** a class II and class III board lesion. Please Lord. Send them to me.
**Looking for:** a super awesome bridesmaid’s dress.
**Thankful for:** real friendship.

**Editor’s Notes**

Mary Catherine Stone is a D4. She enjoys finding board patients, good rain storms, and giving food to people she really likes. Her greatest ambition is to pass everything coming her way. That is all.

If you would like to print something in the next Murmur, send all articles, pictures and news to mcstone@umc.edu by March 10th!

Game Solutions

1. 8
2. Dom Perignon
3. Madonna
4. Raleigh, NC
5. Jim Brown

Currently:

**Reading:** Job
**Listening to:** Ellie Goulding
**Praying for:** a class II and class III board lesion. Please Lord. Send them to me.
**Looking for:** a super awesome bridesmaid’s dress.
**Thankful for:** real friendship.

convicted by: what Spurgeon says: “Professing Christian, is sin subdued in you? If your life is not holy, your heart is not changed; and if your heart is not changed, you are not saved. If the Savior has not sanctified you, renewed you, and given you a hatred of sin and a love of holiness, then He has done nothing in you of a saving nature. So-called grace that does not make a person better than others is nothing but a worthless counterfeit, for Christ does not save His people in their sins, but from their sins.”

Well hey there! Who thought I was going to forget the Murmur this month? Confession: I almost did. Right now my brain looks like this:

Board presentation stress
driving board
crowed deep breathing
groups
ting stress
swearing
boards
and
due

It’s a mess. I’m a little non-functional. And, as you can see, “Murmur” is nowhere to be found in that brain mess. So I sincerely apologize to all my many faithful fans… this February Murmur has just about made it into March, so it will be just as mixed up as I am. It’s actually kind of perfect.

Let’s talk about existential crises. Does anyone ever have these besides me? I feel as though they come more often when I have crazy mess brain, because my thoughts tend to become more abstract at that point…and the more abstract they get, the more existential I become. Everything becomes a question, and I fail every time. There are simply situations I can’t predict, and circumstances I can’t control. But isn’t it also kind of helpless. I try everything I can think of to gain control of the way my life goes, and I fail every time. There are simply situations I can’t predict, and circumstances I can’t control. I’m responsible for working hard and doing the very best job I know how to do, but outside of that I am helpless.

I quote CS Lewis a lot, because I think he’s very smart and very real, and that every word he writes is pure poignancy. “And there you have it. Solutions To Existential Crises by Mary Catherine Stone. And there you have it. Solutions To Existential Crises by Mary Catherine Stone. And there you have it. Solutions To Existential Crises by Mary Catherine Stone.”

“I'll be rid of me soon, I promise: and to counter the depth, I’ll add a pretty, calming picture of a lake in Macedonia from last winter. Until next time, study hard and eat your veggies!”

Thank you!
Now I can...

be a role model

When he talks about the power of persevering, Pisgah High School teacher Jay Levy speaks from a seat of authority—his wheelchair.

Paralyzed by a car accident during his sophomore year of college, Levy first worried he wouldn’t finish his education degree. “But Methodist Rehab helped me realize life goes on after a spinal cord injury,” he said. “You just have to find new ways to do everyday things. Life throws some hard situations at you sometimes, and it’s up to you to figure out how to make them better.’

It’s a lesson he shares with his students, and his example has taught them what it takes to excel. They recently earned the highest scores in Mississippi on the English II Subject Area Test.

Earl R. Wilson, Founding Chairman

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