Life insurance is more than a policy, it's a promise.
To change the pace from my usual ASB updates, let’s talk about what I’ve been up to recently. Lekha (my fiancée) and I have spent October through January traveling and interviewing at internal medicine residency programs throughout the South and Midwest. I have called these trips “mini-vacations,” but they’re really just grueling job interviews. We’ve made the most of them by scheduling interviews around fun events. We saw Kendrick Lamar and Kanye perform while we were in New Orleans, and I took Lekha to her first ice hockey game in St. Louis. Okay, so it’s not all that bad. Applying for residency, however, can also be stressful, tiring, and costly. You’re subjected to hours of fake smiles and people asking you if you have any more questions. It sounds trivial, but consider this: during one interview day, I tried counting how many times I was asked, “so, do you have any more questions for us?” and I lost track at 23.

I’m lucky to have a companion on my road to residency, which can be a daunting and anxiety provoking process. To quickly summarize, the residency “Match” is a fancy mathematical algorithm that determines the fate of our careers (side note: the developers of this algorithm won the Nobel Prize in Economic Sciences in 2012). But for me, the process has been fun. By fate, Lekha and I chose the same career path, allowing us to tackle this adventure together. I imagine we’ll be something like J.D. and Turk from Scrubs. Except they weren’t romantically involved. And Turk is a surgeon. But you get my point.

I know that I, along with my classmates, will be happy when Match Day arrives and dissipates whatever uncertainty we may have about our future. I also try to remind myself that it’s important to enjoy the present. Quotes from the Dalai Lama on my Twitter feed help remind me of that, too. For instance, when asked about what surprises him the most about humanity, the Dalai Lama responded, “Man. Because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then dies having never really lived.”

**Brad Deere**

**ASB President**

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**The Jackson Insider**

Mississippi Symphony Orchestra Presents Chamber III: Mozart by Candlelight
Belhaven University Center for the Arts
Feb 4 @ 7:30 p.m.

This year’s offerings include Mozart’s masterful Serenade for 13 Winds, made famous by the movie Amadeus, the Masonic Funeral Music and his delightful Symphony No. 29 in A Major.

Music in the City
Mississippi Museum of Art
Feb 6 - 12

In partnership with St. Andrew’s Cathedral, the Museum hosts Tayllo Fernandez and John Paul - second sonata of Beethoven’s Opus 5, in G minor. This event is sponsored by Wise Carter Child & Caraway, PA. The cost is free, but donations are welcome. 5:15 PM cash bar. 5:45 PM program.

Dixie National Livestock Show and Rodeo
Mississippi Coliseum
Feb 6 - 12

Do off your denim, large belt buckles, and snakeskin boots. The rodeo kicks off February 6 and goes through February 12 at the MS Coliseum. Special entertainers, including Thomas Rhett, Corey Smith, Eric Paslay, and the Eli Young Band, will be featured each day of the rodeo. For rodeo ticket info, go to ticketmaster.com.

ASB Trivia Night
Sal & Mookie’s
Feb 10 @ 7 pm

Come enjoy a night of trivia hosted by Dr. Clark. Cost is $50 for a team of up to 6 people. All the proceeds go to the Jackson Free Clinic. There will be prizes for the 1st, 2nd, and 3rd place teams and door prizes all night long. There is a limit of 25 teams, so team captains need to register their team at www.imleagues.com/UMMC (the intramural webpage) soon. Have fun and raise some money for the JFC.

Willie Nelson
Mississippi Coliseum
Feb 21 @ 7:30 p.m.

An American country music singer-songwriter, as well as an author, poet, actor, and activist, Willie is one of the most recognized artists in music and guaranteed to put on a great show. Disclaimer: Asthmatics might want to steer clear due to the heavy “haze” that normally accompanies a Willie Nelson concert.

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**By Eric Holland, M4**
Sometimes around here I catch myself starting to live as though being a healthcare professional is 90% science, problem solving, and procedural care. In the day-in-day-out mad rush to take in all the knowledge and develop all the professional skills, it’s easy to forget what one of my seminary professors said — that every education is also a formation. That is, during all the time you devote in school toward learning what to be (dentist, nurse, therapist, etc.), you’re also — whether you notice it or not — learning who to be. And who you are learning to be is always more important than what you are learning to be. Everything we do today shapes us into who we will be tomorrow.

All the thousands of influences, great and small, in your life are seeking to pull your character in one direction or another. And if you’re not intentional about the forces that you let surround you, your character is being shaped by forces outside your control. If you ignore the formation of your soul because “school comes first,” if you don’t set aside time to have conversations about the deepest things in life, if you don’t put yourself in environments that grow your compassion, justice, kindness, generosity, truthfulness, courage, gentleness, wisdom, peacemaking, and love, you may find at the end of all that education that you’ve developed the engrained habits of a soulless healthcare professional. And contrary to what it seems like when you spend hours in the library learning basic science, being a Christian healthcare professional is 90% soul.

Of course, you’ll always be a basically “good person.” Who’s not, right? You can probably get by in your job (and more importantly, your life) being the same person that got you into school. You can be just honest enough, just patient enough, just present enough not to get reprimanded so you can then take your paycheck and go do “your” own thing with “your” own time. You can desensitize yourself to loss “so that you can do your job” because you don’t want to seek out the balance of compassion and responsibility. You can get involved in a handful of interest groups and service projects, not because you enjoy them or want to be shaped through them, but because they make worthy additions to the Almighty Résumé.

But at the end of the day, “the okay” is always the enemy of “the best.” “Getting by” as “good people” is a poor substitute to those of us who claim to worship a savior who gave himself wholly to this world. I think quite a bit about the two verses above — one from Christ’s Sermon on the Mount, the other from Paul’s letter to the Philippian church. They’re part of a larger biblical corpus that is always encouraging us to survey the contents of our character and pursue being perfect as our heavenly Father is perfect. These verses (like my sister) help me remember who I’m hoping to become and remind me that even though I’m pouring all this information into my head so that I can eventually pour myself out in a more effective way for others, it doesn’t mean I can’t find ways to pour myself out now.

Who will you be the day after graduation? If “school comes first,” I wish the best of luck. Who knows who you’ll become in the meantime. But if you start to get that hunger for righteousness Jesus is talking about, if you ache in your bones for the wisdom and full insight his follower Paul wants for the church, if you don’t want to gain a world of knowledge only to forfeit your soul, there is so much we can do together as God forms us into the body of Jesus Christ. The investment in our souls, even more than the investment in our education, will be worth it.
MARK YOUR CALENDARS!

February 2014

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FEBRUARY IS...

BLACK HISTORY MONTH

"History, despite its wrenching pain, cannot be unlived, but if faced with courage, need not be lived again.”
- Maya Angelou

On January 20th, we celebrated Martin Luther King, Jr. Day, a day that is observed not only to remember Dr. King’s timeless message of equality and togetherness, but also a day to remind ourselves of the importance of service. A few weeks have passed, and now it’s February – Black History Month. How knowledgeable are we? It’s easy to become passive about the events of the past, but they’re still shaping our present in a very real way.

Here are some things we should never forget and also some that I found interesting:

- In 1926, Carter G. Woodson, an African-American historian, created “Negro History Week,” which was observed during the second week of February to coincide with the birthdays of Frederick Douglass and Abraham Lincoln. In 1976, after the civil rights movement had ended, it became the month-long celebration known as Black History Month.
- In 1955, Rosa Parks, a black seamstress, helped spur the civil rights movement by refusing to give up her seat to a white man on a Montgomery, Alabama, city bus.
- A Baptist minister sought equality for African Americans through peaceful protests in the 50s and 60s. Inspired by advocates for nonviolence like Mahatma Gandhi, Martin Luther King Jr. helped bring about the Civil Rights Acts of 1964 and the Voting Rights Act of 1965. He was awarded the Nobel Peace Prize in 1964. In 1968, Dr. King was shot and killed on the second floor balcony of the Lorraine Motel in Memphis, Tennessee.
- Medgar Wiley Evers, from Decatur, Mississippi, joined the fight to end segregation at Ole Miss in the early 60s. He was murdered on June 12th, 1963 - on the same day that President John F. Kennedy gave a nationally televised speech in support of the civil rights movement. The murderer was finally convicted in 1994 after the case initially got overturned, and Evers got justice 31 years later.
- I grew up a boxing fan (my dad wanted a second son, but he got me), so I found this interesting: Jack Johnson was the first African American to hold the World Heavyweight Champion boxing title in 1908. He held that title for seven more years.

We remember those stark times and remarkable people every year not just to honor their achievements, but to remind ourselves of what we have yet to accomplish. The civil rights movement not only opened doors of opportunity for the African American community, but also for other minorities. I come from a family of immigrants and would have had many obstacles in my path to success if it weren’t for those who paved the way before me. In May, I will be a UMMC graduate and will become a physician – my childhood dream. Our great campus has become an inclusive community and the Multicultural Student Healthcare Association (MSCHA) was formed to continue enhancing a cohesive student body culture. I hope you look out for our future events and get involved – we’d love to have you.

Lekha Sunkara, M4
MCHSA President
More to Medicine: Gold Humanism Honor Society Lecture Series

All UMMC students and employees are invited to the "More to Medicine: Gold Humanism Honor Society Lecture Series!"

The Gold Humanism Honor Society honors medical students, residents and role-model physician teachers for demonstrating excellence in clinical care, leadership, compassion and dedication to service. The society recognizes, supports and promotes the values of humanism and professionalism in medicine. Our chapter completes annual service projects with the goal of creating a community of humanism within UMMC.

We are hosting a monthly lecture series for this semester targeted towards students and employees at UMMC to identify a topic of humanism and how we can more effectively live it out day-to-day in the classroom or hospital. We will have various lecturers (physicians, hospital administrators, non-profit organization representatives, etc) pick a topic such as integrity, excellence, respect, compassion, altruism, and empathy to explore with us.

Our lecture series will start on February 4, 2014 at noon in R153. Dr. Thais Tonore will be speaking on compassion in medicine.

Lunch will be provided for the first 100 in attendance. Email seduckworth@umc.edu with any questions.

JAMMIN’ FOR THE JACKSON FREE CLINIC

A LIP SYNC COMPETITION TO SUPPORT RENOVATIONS AT THE JACKSON FREE CLINIC

February 27, 2014 6:00 PM

Nelson Student Union Rooms A-D
Salvation Army Fundraiser
School Cup Event
hosted by: The School of Graduate Studies
February 3 - 13
Boxes will be at designated location for each school to collect smaller items.

February 14
A truck will be parked in between Guyton & the medical school to collect larger items.

books, knick knacks, toys, etc. 1 point
clothing 2 points
dishes, appliances 3 points
smaller furniture 4 points
larger furniture 5 points

winning school receives 100 pts; other schools receive pts based on donations

Salvation Army on Beasley Rd. in Jackson, MS burned down on January 3, 2014

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Community Outreach is once again a major focus for the graduate school’s student leadership. Why is that? Aside from the intrinsic value of community outreach and service, we think that organizing these types of events are an excellent way to build camaraderie and interactions among students.

The graduate school has a tremendously diverse student body, with students from across the country and world, spread out across different buildings on campus. Rarely is there a time when we all sit in the same classroom or run into each other in the hallway. Bringing the graduate students together is and will continue to be a challenge. One remedy for this situation is to organize social and philanthropic events.

This year in an effort to get more students involved, we formed the Community Outreach Committee for graduate students. This committee is made up of one student from each of the graduate school programs and will be led by the Philanthropy Coordinator of the graduate school (currently Isaiah Tolo). This committee is already hard at work planning and implementing activities for this semester and we are proud of what they have done and will continue to do.

Be on the lookout for flyers around campus for our upcoming Salvation Army Fundraiser event!

By: Peter Mittwede
Email Emily Brandon elbrandon@umc.edu for an application as well as a full description of each position. Feel free to email any of the current board members regarding questions about their specific position.

The Jackson Free Clinic will be holding elections for its 2014-2015 Board of Directors. Interviews will be held the night of March 4, 2014 in the Student Union. Applications are due February 21, 2014. New board members will serve officially from June 2014-May 2015.

The Jackson Free Clinic is a non-profit corporation operated by UMC medical students in cooperation with community physicians and leaders. We finished expanding our clinic just over a year ago to reach out to more people in the community with medical concerns.

We now offer dental, physical therapy, and occupational therapy services on top of medical services. At the same time, we are a place where students can expand their education outside of the classroom and hospital by working side-by-side with physicians and upper-level medical students.

The Board of Directors is currently made up of a community physician, a physician medical director, and 19 medical students. We also have 6 SHRP representatives, a SHRP staff member, and 2 dental representatives who are a part of the board as well. The board meets once each month to discuss the workings of the clinic. As a board member, you must supervise at the clinic roughly one every four months and also carry the pager 1-2 times throughout the year.

Current Medical Board Members:

Position: 13-14 Officer Email
Student Coordinator: Savannah Backer
Treasurer: Catherine Lewis
dsteele@umc.edu
Secretary: Emily Brandon elbrandon@umc.edu
Student Volunteer Coordinator: Elliott Wellford mejackson@umc.edu
Student Volunteer Coordinator: Louise Majors clowe@umc.edu
Physician Volunteer Coordinator: Collete Jackson cmjackson2@umc.edu
Physician Volunteer Coordinator: Mia Taix
dsteele@umc.edu
PH and Fundraising Chairman: Clark Walker dphester@umc.edu
PH and Fundraising Chairman: Allison Pau
duckworth@umc.edu
Education Chairman: Dove Hopkint elbrandon@umc.edu
Education Chairman: Brad Deere bdeere@umc.edu
Research Chairman: Hal Flowers
Research Chairman: John Clark
Research Chairman: Jonathan Blosser
Research Chairman: Lost Pham
Research Chairman: David Bright
Structure Chairman: Eric Holland
Grant Writing Chairman: David Smith
Grant Writing Chairman: Ryan Ertl

The Jackson Free Clinic has been in operation since 2000 and currently stays in operation thanks to donations and various grants. The clinic is open every Saturday except holidays and sees on average 18-20 patients each week. One or more physicians must be present each week to see the patients and write prescriptions.

Everyday there are people suffering from hardships that seem cruel and are sometimes difficult to understand by those that have lived far from a particular issue. As students living in the Jackson Metro, we frequently encounter individuals faced with homelessness. Whether due to circumstance or by choice, the truth is that the homeless sector has some of the worst standards of living known to man. Our encounters with the homeless population normally culminate with 2 thoughts: Do I have anything to give, and if so, should I give it, not knowing how it will be used?

First-year medical student Sean McCleary resides in the city’s Fondren district; he encounters homelessness on a near daily basis while juggling, walking to and from campus, and driving in other parts of town. “Whenever I pass a homeless person, I never quite know how I should respond,” says Sean. “I’m always going back and forth in my mind about what to do, especially when being asked for money. First, do I even have anything with me to give, and second, should I give this person money not knowing how it will be used? It can be frustrating.” Exasperated with this conundrum, Sean decided to ask fellow M1s to join him in preparing Manna bags to hand out to the homeless and wandering hitchhikers. Manna refers to the food God provided the Israelites during their exodus from Egypt.

From left to right: Jerrell Sims, Lauren Schloer, Sean McCleary, Elizabeth Tarsi, Kristin Ramey Not pictured: Ian Ferguson, Ramsey Frey, Meagan Iheez

M1s Make Manna Bags For The Homeless By: Jerrell Sims

Everyday there are people suffering from hardships that seem cruel and are sometimes difficult to understand by those that have lived far removed from a particular issue. As students living in the Jackson Metro, we frequently encounter individuals faced with homelessness. Whether due to circumstance or by choice, the truth is that the homeless sector has some of the worst standards of living known to man. Our encounters with the homeless population normally culminate with 2 thoughts: Do I have anything to give, and if so, should I give it, not knowing how it will be used?

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Fellow M1s Elizabeth Tarsi, Kristin Ramey, Lauren Schloer, Jerrell Sims, Ian Ferguson, Meagan Iheez, and Ramsey Frey all joined in, collecting large quantities of packaged foods and snacks, most with long shelf lives. Ramey, whose family owns the Ramey’s Grocery Store chain, was able to encourage the company to donate a substantial quantity of foodstuffs for the cause. Foods gathered included granola, protein bars, packaged nuts, tuna, crackers, and cookies. Plastic utensils and even cotton crew socks were also included.

Gathering on a Saturday afternoon, the items were systematically placed into gallon zip lock bags. They were then divided up to keep in each individual’s vehicle so whenever the homeless or less fortunate are encountered, the bags can be given out. By giving out packages of sustenance instead of money, the pressure whether to give or not is dampened and there are less worries about how the items are used.

The bags not only provides nourishment to those less fortunate, but the act of giving brought classmates together for a great cause. All agreed that it was a great idea and is very likely to continue with more and more classmates involved. This serves as just one of the many ways medical students get the chance to bless the lives of others.
M3 PERSPECTIVES:  
My Spouse, A Classmate:  
Zach and Kelly Doremus Pippin

After interviewing two married couples in the M3 class, here are their answers to questions about what it’s like to be married to a classmate. The consensus: they love it! Check out the interviews below.

ZP & KDP: 12/21/13

• When did you two get married?  
ZP: 12/18/13

• What was it like having your spouse as a classmate during your pre-clinical (classroom) years?  
KDP: Loved it! Zach was always calm and confident, helping lower my anxiety about upcoming exams. He understood the pressures of medical school, so naturally, we were able to talk out our frustrations with each other. We studied a lot together and many times we didn’t talk, but simply having someone in the room made long study days go by faster.

• How did that change during your third year?  
KDP: Not much has changed; he’s still as calm and reassuring as he was the first two years, except I think we both find third year more enjoyable because we’re finally out of the classroom.

• What is the best thing about having your spouse as a classmate?  
ZP: It seems like our schedules are usually very different. When I’m not working, it seems like she is working, or vice versa. So that can be frustrating at times.

• What is the craziest disagreement you’ve had over school/work?  
KDP: We rarely disagree about school-related issues—we tend to disagree on issues like white over wheat, or how green the bananas should be when you buy them, or how often to vacuum the carpet. We have been in school together since our master’s degree, so we understand each other academically.

• What was it like having your spouse as a classmate in your class?  
ZP: We don’t disagree on a whole lot. Our disagreements usually revolve around what’s for dinner. She still has the taste buds of child. She doesn’t eat seafood or macaroni and cheese. I’m still confident she’ll grow up one day.

• What has been your funniest moment together in the crazy journey of medical school?  
KDP: Zach and I were working wanda night shift at Baptist Hospital. After we had finished our work, we had quite a bit of downtime until the morning shift arrived. Baptist has a physicians’ snack room, which we took full advantage of at 2 AM! We ate more cookies and drank more Diet Coke than we could count. It was fortunate we were only there for one week.

• What is the worst thing about having your spouse as a classmate?  
ZP: There are not too many moments that come to mind. I do remember making Kelly spill her cereal on several people sitting in front of her on the first day of class. I walked in late, as usual, and as I was making my way to a seat, I kicked her hand. Several people sitting in the front row got a hair full of Frosted Flakes.

• How do you take time for yourselves outside of school?  
KDP: We enjoy working out with each other, watching TV together, and planning vacations. Also, we have always made it a point to continue going on “dates” together even with the busyness of med school.

• What has been your funniest moment talking about medicine all the time?  
ZP: We certainly talk about medicine quite often, but we also have other interests in common that we enjoy talking about—who’s going to die next on Walking Dead, for example.

• What is the best thing about having your spouse in your class?  
KDP: It’s been really nice to be in the same group academically.

• How do you find yourselves talking about medicine all the time?  
ZP: We normally talk about our day when we get home. We rarely sit around and discuss disease processes.

• What was the best thing about having your spouse in your class?  
ZP: We enjoyed running on the Natchez Trace Trail, which is where Zach proposed to me. We have run a couple of half marathons together, including the Blues Half Marathon this January. We go to see movies often and enjoy cooking at home. During football season, we enjoy watching our collegiate teams, Mississippi State and Texas A&M. Naturally, we are both fond of the color maroon.

• What is the craziest disagreement you’ve had over school/work?  
KDP: Don’t compete, but do encourage and love one another. You’re a team going for the same goal. There will be times when they get the better grade or you receive the stronger evaluation, so keep propelling each other forward. Having a strong encourager in each other can make all the difference.

• When did you two get married?  
ZP: We got married in June 2011, 2 months before starting med school.

• What was it like having your spouse as a classmate during your pre-clinical (classroom) years?  
ZP: It was a lot of fun! We would frequently study together and were able to compare notes on classes. It was also wonderful to have someone who understood how hectic test/test blocks could be.

• What did that change during your third year?  
ZP: It’s been really nice to be in the same group M3 year. In addition to having similar schedules, it is helpful to be studying the same thing. We also enjoy sharing stories of all the neat things we see.

• What has been your funniest moment together in the crazy journey of medical school?  
KDP: Not too much has changed. She still freaks about tests and quizzes, while I’m usually more concerned with the latest recruiting news or what we’re eating for dinner.

• What is the worst thing about having your spouse as a classmate in your class?  
ZP: When we were 2-3 months into our M1 year, someone in our class saw us holding hands and remarked that it looked like there was a new budding romance in our class.

• How do you take time for yourselves outside of school?  
ZP: It’s important to remember that you need to put your relationship with your spouse above school. In thirty years, what you made on a test won’t matter, but the quality of relationship you have cultivated with your significant other will. They will be with you long after med school and residency are over.

Sam and Ashley Shaunak Sullivan

• What is the craziest disagreement you’ve had over school/work?  
A debate regarding the merits of attending class (Ashley’s stance) versus studying from home and watching podcasts (Sam’s stance).

• What has been your funniest moment together in the crazy journey of medical school?  
When we were 2-3 months into our M1 year, someone in our class saw us holding hands and remarked that it looked like there was a new budding romance in our class.

• How do you take time for yourselves outside of school?  
We enjoy working out with each other, watching TV together, and planning vacations. Also, we have always made it a point to continue going on “dates” together even with the busyness of med school.

• What is your advice for others considering dating/marrying a classmate?  
It’s important to remember that you need to put your relationship with your spouse above school. In thirty years, what you made on a test won’t matter, but the quality of relationship you have cultivated with your significant other will. They will be with you long after med school and residency are over.

A huge thank you to Zach, Kelly, Sam, and Ashley for sharing their perspectives with us!
The holidays were much needed for the M2 class after surviving three test blocks. By now, you have seen many of us walking around with our First Aid books in our hands. Now it's time for us M2s to buckle down, say goodbye to extracurricular activities, and say hello to the First Aid book. We started our Step 1 studying as a class by taking our first practice Step 1 over the Christmas break. And so our five-month journey begins.

In December, a group of M2 students gave Christmas cheer to kids at Blair E. Batson Hospital by singing Christmas carols. Headed by Mikey Arceo, the band included McGinty Chilcutt (violin), Jeff Peeples (guitar), Ben Long (guitar), Jonathan Elbehar (drum), and Mikey (keyboard). Also, Dr. Clark premiered as Santa Claus! Mikey hopes to make this event a class tradition. "We rarely have time to play our instruments because of how busy we are, so it was great to get together as a class to work on something like this. It was a good break from all the studying, and all the time we spent practicing was worth it to see how happy the kids were to sing along with us. We'll make it a class tradition to do it every year," said Mikey.

Now, it is back to First Aid for me...

Eden Johnston Yelverton, M2
Editor’s Note

What is love? Such a simple question, with not such a simple answer. A simple Google search of “the meaning of love” takes 0.38 seconds to return about 428,000,000 results. The American English definition of love, from none other than Webster himself, is threefold:

1) Strong affection for another, arising out of kinship or personal ties.
2) Attraction based on sexual desire.
3) Affection based on admiration, benevolence, or common interests.

So, basically, family love, romantic love, and friend love, all encompassed in the same word. Love, in the Greek language, carries three meanings of love very similar to those above, but it actually uses three different words, each describing a distinct type of love:

1) Storge, which refers to natural affection, such as that of family relationships, like parent to child;
2) Eros, which means intimate love, most commonly that of romantic relationships but also that of deep friendships;
3) Agape, which denotes spiritual love, as love that is selfless, it freely gives, yet expects nothing in return, and is the highest regarded and deepest type of love.

Many of us are very familiar with the Greek word agape, as it is used in the Bible many times to describe God’s love towards His people and to command us how we are to love each other. Paul, in 1 Corinthians 13:13 describes just how important love is to God (and thus should be to us):

“So now faith, hope, and love abide, these three; but the greatest of these is love.”

Why is love so paramount? 1 John 4:8 clearly answers that question:

“Anyone who does not love does not know God because God is love.”

God IS love. His very nature is love, agape, selfless, sacrificial love. Romans 5:8 says, “... but God showed His love for us, that while we were still sinners, Christ died for us.” We are sinners, deserving His wrath and eternal separation from Him who knows no sin. Yet, He lavished upon us the ultimate picture of love - agape, the selfless, sacrificial type of love - by making the ultimate sacrifice: sending His only Son to die the death that we deserved to die, as a propitiation for our sins, which we see in 1 John 2:2:

“He is the propitiation for our sins, not for ours only, but also for the sins of the whole world.”

What an incredible model of love for us. How often do we think of loving our neighbors around us as being opportunities to serve them selflessly and sacrificially, putting others’ needs ahead of our own? I can tell you that I don’t do that enough. How great of an opportunity do we have to exhibit God’s love for us by loving others with agape love? Those of you who are married and who seek to love your spouse as God commands us in a marriage relationship can surely identify with the meaning sacrificial love, and you can also witness to the fact that this type of love is ultimately rewarding, but it is HARD. We are sinners and by nature selfish. Yet, after God enables us to see our sin, to beg for forgiveness and deliverance, and to accept His calling of Matthew 16:24, which says, “If anyone would come after me, let him deny himself and take up his cross and follow me,” we should desire to love as God loves us.

Editor of The Murmur

Editor’s Note

What is love? Such a simple question, with not such a simple answer. A simple Google search of “the meaning of love” takes 0.38 seconds to return about 428,000,000 results. The American English definition of love, from none other than Webster himself, is threefold:

1) Strong affection for another, arising out of kinship or personal ties.
2) Attraction based on sexual desire.
3) Affection based on admiration, benevolence, or common interests.

So, basically, family love, romantic love, and friend love, all encompassed in the same word. Love, in the Greek language, carries three meanings of love very similar to those above, but it actually uses three different words, each describing a distinct type of love:

1) Storge, which refers to natural affection, such as that of family relationships, like parent to child;
2) Eros, which means intimate love, most commonly that of romantic relationships but also that of deep friendships;
3) Agape, which denotes spiritual love, as love that is selfless, it freely gives, yet expects nothing in return, and is the highest regarded and deepest type of love.

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Desserts have a special place in my heart. I can eat desserts after breakfast, lunch, and dinner. It’s the best part of every meal. There is something about sugar mixed with butter mixed with all sorts of other good things that just never fails. With that being said, I’d like to introduce you all to the ultimate Oatmeal Peanut Butter Cookie Bars. These bars essentially take the best part of every dessert and compile it all into one baking dish. They’re amazing, AND they only take a whopping 15 minutes to whip up, not including the baking time, of course. So please, make these for your next party, movie night, or simply just because you want something glorious to snack on...)

**The Dish**

**Oatmeal Peanut Butter Cookie Bars**

**Ingredients:**

- 2 1/4 cups all-purpose flour
- 1 1/2 cups old-fashioned oats
- 3/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon fine sea salt
- 3/4 cup (1 1/2 sticks) unsalted butter, melted
- 2 cups packed light brown sugar
- 3/4 cup creamy peanut butter, room temperature
- 2 large eggs
- 2 teaspoons vanilla extract
- 1 cup semisweet chocolate chips
- 1 cup peanut butter chips
- 2/3 cup mini peanut butter cups (or peanut butter M&Ms)
- 1/2 teaspoon flake sea salt (such as Maldon), for sprinkling

**Instructions:**

1. Preheat oven to 350 degrees F. Line a 13-by-9-inch baking pan with parchment paper.
2. In a bowl, whisk together flour, oats, baking powder, baking soda, and salt; set aside.
3. In a large bowl, combine melted butter, brown sugar and peanut butter and stir until smooth. Whisk in eggs and vanilla. Fold in dry ingredients until just incorporated, then stir in chocolate and peanut butter chips and peanut butter cups, reserving a few tablespoons of each for the top (optional, but makes for extra pretty bars).
4. Press dough into prepared pan. Scatter remaining chips and peanut butter cups on top, then sprinkle with sea salt.
5. Bake for 25-28 minutes or until edges are lightly browned and center is just set. Do not overbake. Remove from oven and cool to room temperature before lifting out of the pan and slicing into squares, rectangles, or triangles. Bars will keep in an airtight container for up to 5 days.

That’s it. It’s quick, it’s easy, and it’s absolutely delicious. I hope you all enjoy these bars as much as I did! If you have any questions, comments, or requests, please don’t hesitate to send me an e-mail. Happy February everyone!

~Mina :)

It’s no surprise that Bill Meador of Hickory suffered a stroke while in a shooting house. Hunting and fishing are his favorite activities, so his therapy at Methodist Rehab focused on getting him back outdoors.

After staff taught him how to compensate for his paralyzed left side, the retired engineer devised ingenious ways to make his 120-acre farm more accessible. Now, he encourages other hunters hampered by health problems to “not let anything slow you down.”

“There’s a way to get it done,” he says. “On the second anniversary of my stroke, I was back in the same shooting house with the same shooting rifle and the same chair.”