As a fourth year medical student, you will soon be matched into your residency program; you will receive your long coat, and you will finally be able to add “Doctor” to the front of your name - the dream you have longed for over the past four years. Congratulations for the hard work and dedication you have put forth to make your dream a reality. We at Trustmark appreciate your relationship and will continue our commitment of offering exceptional customer service and customized products that will meet your needs during your residency and after. Whether you need traditional banking services or mortgage, investment, and risk management services, we are here to help you achieve your financial goals.

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Contents

4 President’s Column
6 Jackson Events
7 M1 Update
8 MASN Four Leaf 5k
9 Game Page
10 School of Nursing
11 Advocacy Day
12 Dentists in Honduras
15 Editor’s Notes
President’s Column

For the rest of the year, I'll attempt to explain the origins of some of Mississippi’s 82 counties. Here are the one’s that border Hinds county as well as those that are home to our universities and colleges.

Hinds County is named after Thomas Hinds, a hero of the Battle of New Orleans during the War of 1812. Its county seats are Jackson and Raymond. Its border to the north is the Yazoo River. It was formed in 1821 from the Choctaw Cession of 1820.

Madison County is named after the U.S. President James Madison. Its county seat is Canton. The southeastern border of the county is defined by the old course of the Pearl River before it was dammed to create the Ross Barnett Reservoir. It was formed from Hinds County in 1828.

Rankin County was named after Christopher Rankin, a Mississippi congressman who served from 1819 to 1826. Its county seat is Brandon. It was formed in 1828 from a part of Hinds County.

Copiah County was named from a Choctaw word meaning “calling panther”. It was founded in 1823 and its county seat is Hazlehurst. The county is known for its tomato and cabbage producing areas and was once known as the “Tomato Capital of the World.”

Claiborne County was named after William Claiborne, the second governor of the Mississippi Territory and the first governor of Louisiana. Its county seat is Port Gibson. It was established in 1802 from Jefferson County.

Warren County was named after American Revolutionary War officer Joseph Warren. It was created in 1809, and its county seat is Vicksburg.

Yazoo County was named after the Yazoo Indians whose name means “River of Death.” It was founded in 1823 and its county seat is Yazoo City. It is the largest county in Mississippi with a total land area of 934 miles. The famous railroad disaster that took the life of engineer Casey Jones took place in Yazoo County.

Lafayette County (pronounced “la-Fay-et”) is named to honor Marquis de Lafayette, a French military hero and American general who fought during the Revolutionary War. It is also believed to be the inspiration for Yoknapatawpha County, the fictional setting of many of Willam Faulkner’s stories. It was founded in 1836 and its county seat is Oxford.

Oktibbeha County is believed to be named after a Native American word meaning bloody water or icy creek. It was founded in 1833 and its county seat is Starkville. In 2008, Barack Obama defeated John McCain in Oktibbeha County by 6 votes becoming the first Democrat to win the county since 1956.

Forrest County is named after Nathan B. Forrest a Confederate general in the American Civil War and first Ku Klux Klan Grand Wizard. It was founded in 1906 and its county seat is Hattiesburg. It is home to Southern Mississippi University.

Lamar County was named in 1904 for the post-Civil War Mississippi statesman Lucius Quintus Cincinnatus Lamar. Its county seat is Purvis, but its largest city is Hattiesburg. It is also home to Southern Mississippi University.

Bolivar County is named after Simon Bolivar, the leader of the liberation of several South American counties from Spain. It was founded in 1836 and its county seats are Cleveland and Rosedale. It is home to Delta State University.

Alcorn County was named after James L. Alcorn, the 28th governor of Mississippi. It is the smallest county in Mississippi. It was founded in 1870 and its county seat is Corinth. It is home to Alcorn State University.

Leflore County is named after Choctaw leader Greenwood LeFlore, one of the signers of the Treaty of 1830 that sold all Choctaw lands east of the Mississippi River. It was founded in 1871 and its county seat is Greenwood. It is home to Mississippi Valley State University.

Lowndes County is named for U.S. Congressman William Jones Lowndes. It is home to the Columbus Air Force Base and the Mississippi University for Women. It was founded in 1830 and its county seat is Columbus.

Jake Lancaster
ASB President
This is a special project of the Mississippi Museum of Natural Science. It is not so nice. This concept is for an extended period of time, from the Blue Cross Blue Shield Taste of Mississippi Business and Technology EXPO to the MS Trade Mart Building. The muppets will reenact the rise and fall of WorldCom.

NatureFEST! MS Museum of Natural Science
April 6 @ 10am – 6pm

NatureFEST! is a terrible name for this event. I had to hold down the caps lock button for five characters in a row which is four too many. I don’t know how many of you hold down the caps lock button for an extended period of time, but let me tell you something. It hurts. This event has live reptiles and fish feedings. Ranger Rick, the legendary raccoon who never ages, will teach people how to geocaching. John Rusky, an expert canoer, will lead voyages down the mighty Pearl. I’m not going to look it up, but I believe “Pearl” was the name of Hester Prynn’s daughter in The Scarlet Letter. Similarly, I’ve always thought of the Pearl River as the product of something unholy but perhaps just misunderstood, out of its time, a wanderer.

UMMC Crawfest
Jackson Zoo
April 6 @ 11am – 2pm

This is my swan song. Please come. We’ll have 1200 pounds of crawfish, drugs, and Trey “Game Changer” Lyons.

Meet Integrity – Region 8 Level 9/10 Gymnastics Competition
Jackson Convention Center
April 12 – 14 @ 9am – 6pm

Level 9/10 is the highest level gymnastics one can host, you barbarians. I’m about to contradict what I just said. The Jr. Olympics are higher, and Jackson will be hosting those in 2014. I apologize for the contradiction, but that’s exactly what the website said. I’m an excellent reader, so the fault is mine.

Other Desert Cities
New Stage Theatre
April 16 – April 28

Brooke Wyeth, a child of some of Reagan’s best friends, decides to write a memoir that exposes her parents for what they really are: responsible, thrify, honest, loving people. Then she remembers that her name is “Brooke Wyeth” and that no one will ever publish her.

Zoo Brew
Jackson Zoo
April 19 @ 6pm

I went to this last year, and it was fun. I would go this year, but I think I’m supposed to go to a rehearsal dinner. I haven’t officially gotten an invite to that rehearsal dinner, so if someone wants to buy and extra ticket just in case I’m free, that would be wonderful. It would be really nice for the rehearsal dinner hosts to tell me if I’m invited or not. That would be spectacular. Spectacular.

Warrior Dash
MS Off Road Adventures
April 20

I’d do this, but I have a wedding that I’m supposed to be in. I may still do it. I’ve been running wind sprints while practicing moves with my battle ax to get ready.

Elvis Lives
Thalia Mara Hall
April 23 – 24

Elvis is dead, but this is a tribute artist who claims to be the ultimate impersonator. I know there’s an Elvis museum in Tupelo. That’s the last time I’ll mention Tupelo in my entire life. I hope.

Mozart’s Cosi fan tutte
Belhaven Center for the Art
April 27 @ 7pm

I only listed this event because I don’t know what a “Cosi fan tutte” is. The event description had something down about “a quartet of lovers” which sounds enchanting. Two of the lovers are named Dorabella and Fiordiligi. There’s also someone named Guglielmo. Honestly, I’d skip this one if I was you.

Can you believe we are over half way finished with this semester? It really does go by fast when you are having fun! February and March have been filled with events to keep everyone entertained. The M1.5 class continues to infiltrate intramural sports with Ultimate Frisbee. Troy Jackson (M1) and Sam Harris (M1) lead the two teams with members ranging from almost professionals all the way to newbies on the field. Outside of school, a group of hardcore M1s joined an indoor soccer league at the YMCA in Flowood. Their team name is M1 Goon-squad.

The School of Medicine table run by the M1s at the Taste of the U won second runner-up for the overall showmanship. The Wizard of Oz themed set up involved foods such as “Yellow Brick Road” (macaroni and cheese), “Goody Glenda’s Bubbly Brew” (champagne shots), “Dorothy’s Delightful Cupcakes,” “Munchkins Munchies” (cheesecake cookies), “Brain Food” (tortilla wrapped scallions and black beans as well as sausage), “Tin Man Heart Throbs” (sugar cookies). The whole Wizard of Oz cast was also there from Dorothy to Glenda. The M1 group put on a really good show including a twister “experience” as people walked up to the tables. Congratulations to the M1s for their hard work!

Lips Sync, a fundraiser for the Jackson Free Clinic, was put on by the Family Medicine interest group to raise money for the Ten groups of contestants participated in the program with a big audience. Adele, grease, and lion king were a few of the themes. The Lip Sync raised over $1,000 for the Jackson Free Clinic.

Last, but certainly not least, the Harlem Shake video. Run by Summer Bailey (M1), this video has gotten 9,325 likes on YouTube. Even my dad liked it. Basically, now we are all famous. Thank you everyone for volunteering to participate!

Eden Johnston, M1
On Saturday March 2nd, the Mississippi Association of Student Nurses held their first annual Four Leaf 5K on the UMMC campus. The run was sponsored by the Mississippi Nurses Foundation and the MDHS Office of Tobacco Control, and the run promoted student nurses against tobacco. The proceeds from the run went to MASN’s scholarship fund and the Breakthrough to Nursing project, which works to increase minorities in the nursing profession. Due to the great turnout for the race, the fundraising goal was exceeded, and we were able to increase our existing scholarships and create a new scholarship for a school with outstanding participation in the Breakthrough to Nursing project. Participants in the race were treated to popcorn and snacks prior to the race, and various raffles were held. Winners in the running division were: Kayla Stricker, Anthony Stricker, Anna Claire Cauthen, Brad Haas, Molly Moore, John Stricker, Robin Gibson, and Kenneth Hall. Winners in the walking division were Kristen Hall, Sara Godwin, Alexis Bankston, Julie Hardy, Lisa Edmonson, and Roger King. UMMC is well represented on the MASN Board with four nursing students currently serving as the following: Katie Lee Lloyd—MASN Chairperson of Fundraising, Brett Kiker—MASN Chairperson of School Presidents, Brittany Coleman—MASN Director of Communications, and Jordan Kyle Parker—MASN Nominations and Elections Committee South Representative, with special recognition of Katie Lee Lloyd for spearheading and organizing the entire 5K. MASN plans to make the Four Leaf 5K an annual event and looks forward to running with UMMC again next year!

Brittany Coleman
Director of Communications
Mississippi Association of Student Nurses

1. In the early 1600’s in England, the use of “sotweed” caught on as an overwhelmingly popular habit in England, even though King James wrote a booklet arguing against its use. What was this “sotweed”?
2. What do the business symbols TM, SM and R mean?
3. In 1985, Olympic basketball star Lynette Woodward made history when she became the first female member of a professional basketball team. Which team did she join?
4. Which river rises in the Himalayas of Tibet and flows about 3,000 km through India and Pakistan into the Arabian Sea?
School of Nursing and Johnson Elementary

UMMC School of Nursing
School Based Clinic Donation Drive

Who: Johnson Elementary School

What:
Walmart/Walgreens/CVS gift cards (3 points for every $5), anti-bacterial soap pump (2pts), bathroom tissue (1pt/pkg), paper towels (1pt/pkg), hand sanitizer (1pt), anti-fungal or hydrocortisone or Triple Antibiotic creams (1pt), Benadryl anti-itch cream/gel (1pt), Orajel (1pt), Visine eye drops (1pt), toothbrushes (1pt), travel size toothpaste (1pt), Q-tips (1pt), maxi pads (2pts), cotton balls (1pt), plastic cups (coffee cup size) (1pt), earache drops (1pt), cough drops (1pt), cheap ~$1-2 gifts for treasure chest (1pt), Generic Bacitracin (1pt), youth underwear and socks (all sizes) (2pts/pkg).

When: April 1st-12th
Where: Each school’s drop off box

If questions, email kdhinton@umc.edu

FOR SCHOOL CUP POINTS!!

The School of Nursing has adopted nurse school based clinics in surrounding local schools as their School Cup philanthropy this year. To support them, please bring gift cards for over the counter medications or other needed supplies as they begin to run out. They will be collecting items April 1st-April 12th!!

Drop the supplies off at your school’s designated drop-off location to help your school win! If you bring a gift card, please leave them with the following people:
SON: Ms. Monica Wade- A150
SOM: Ms. Virginia Covington- N1545
SOD: Dr. Wilhelmina O’Reilly- D320
School of Graduate Studies: Ms. Mary Canterbury -N146 North Wing (next to door to the medical school admissions office)
SHRP: Ms. Molly Riley Ratcliff- SH133 Student Services office
School of Pharmacy: Ms. Peggy Duke- PH 114

See the flyer for point values of each item! If there are any questions, please email Kristin Hinton at kdhinton@umc.edu or Shelby Sirmon at ssirmon@umc.edu. Thanks to everyone for your participation!
On Feb 2th, after months of planning, UMMC’s dental team composed of Dr. Ron Caloss, Griffin West D4, and I (David Carter) D3 departed for Guaimaca, Honduras. We were a small part of the 42 member team consisting of physicians, nurses, pharmacist, teachers, and ministers. The team was a part of Baptist Medical and Dental Mission International (BMDMI) which has multiple mission teams conducting trips to Honduras and Nicaragua.

Although we were in a foreign country, I was surprised at the American amenities which were available in the city. After landing in the capitol city, Tegucigalpa, Honduras, I was surprised as we went across the street to eat at Pizza Hut. However, scenery quickly changed as we began a two hour drive to the Baptist Hospital located in Guaimaca, Honduras. The Baptist Hospital is where we would stay the next several days as we visited the surrounding villages.

On day one, I was surprised as we arrived at the village to see hundreds of people waiting to receive the care which we would provide. As we began to setup the dental clinic, I was astounded as our team leader, John Woods, pointed to the front porch as the location of the dental clinic. Although the location was obscure, we, along with Dr. Tina Woods, UMC Dental Alumni and Honduran dentist Dr. Emma, and assistants, set up the front porch dental clinic. Each day, we arrived to the same sight: hundreds of people waiting patiently with their families. Some of the Hondurans lived in the mountains which were not vehicle accessible and walked hours for dental and medical care.

Although Honduras is one of the poorest countries in Latin America, the people are extremely happy, high in spirits and very appreciative of the care we provided; and even though this was an amazing educational experience which increased my skills and level of confidence immensely, the trip was an eye opening experience for me and I am certainly more appreciative of the day to day comforts we all often take for granted.

Medical pts: 1089
Pharmacy prescriptions: 6761
Dental pts: 263
Dental extractions: 348
Dental fillings: 21
Dental cleanings: 16
Water delivered: 12,800 gallons
Rice and beans given out: $1000
Bibles: 192
Salvations: 83

For more information, regarding BMDMI trips, contact www.bmdmi.org and students interested can contact Dr. Ron Caloss at rcaloss@umc.edu.
Mary Catherine Stone is a D4. She enjoys graduating, to-do lists, and stay-cations. Her greatest ambition is to read a book this summer. Email marycatherinestone@gmail.com if you have any ideas to mcstone@umc.edu by April 10th.

Happy March, everyone! It’s supposedly spring time, but—speaking as someone who declares that “it’s freezing” when its 65 degrees outside—I am not convinced. I am ready for some warmth, which, incidentally, will also mean I’m getting closer to a D.M.D.

That’s right, fellow students. I’ll be breaking out of here in exactly sixty days, if all goes well. I can’t believe it’s been four years since I moved to Jackson. I had no idea what I was getting into, and I had no idea how much I would change through school.

To be honest, I have been struck by what a contradiction I see in this entire school experience. What is the reason most of us gave when asked why we wanted to be healthcare providers? It was to help people, wasn’t it? And even if that wasn’t entirely true—even if we chose our profession for the potential luxury and security that came with it—the fact still remains that all of our jobs are centered around taking care of people, whether that’s our very favorite thing to do or not. Our job, should we want to excel in it, requires us to put others’ needs above our own; it’s just the way the profession is designed.

The contradiction is this: school, by nature, breeds self-centeredness. I saw this my first two years when I had to do what I had to do to get through school, and I don’t regret any of it. It was, nonetheless, selfish behavior on my part; I was putting my needs above others’.

My second two years have brought out self-centeredness in a different way. It is so easy in this environment to focus on your own interests, and ignore the good of your patients or your classmates. I don’t know how it is in other schools, but I see it every day—and I say this with no judgment, because I’m talking about myself as well. I’m right there. Everything since I started school has been geared towards success in grades, success in precision, and (soon) success in financial gain. I feel as though it’s beaten into our heads from day one.

I distinctly remember when I first recognized that my focus had become so skewed. I saw, in my second year of dental school, the stark contrast in what the Bible (which, to me, is an infinitely better measure of how to live than the standards set by other students or teachers or whomever) has to say about our worth, or which qualities carry value. All over that book you see things like “Blessed are the poor in spirit” in Matthew, and “Submit to one another out of reverence for Christ” in Ephesians. I know that I didn’t come to dental school to learn how to live by the Bible, but since I’m a person claiming to be a Christian, I have a responsibility to live by it anyway—so how do I reconcile these two schools of thought, one measuring success in a completely different way than the other?

To me, the answer is clear: since I believe that the things of this world are passing away, I should be placing my hope in something other than what is temporary, i.e. what the world around me measures as success. I’m not saying that’s what I do all the time. But even if you don’t really think much about what the Bible says, I am telling you as someone who has experienced it: humility and kindness (or submission and poorness of spirit, as they’re labeled above) can effect a much bigger impact than a simple assignment of value based on performance, or looks, or possessions, or whatever the case may be. As soon as a teacher speaks with contempt or unkindness to me or to my classmates, I shut off; words that are spoken with respect and sincerity, however, speak volumes and allow for incredible instruction. I can tell a person that he or she needs root canals or crowns or dentures, but if I don’t actually want to help, sooner or later my patients will sense my selfishness and shut me off too. I don’t want my patients to miss out on the knowledge and instruction I have the ability to give them, just because I’m concerned about myself over all others.

So—as difficult as it is in the environment we’re in—I am challenging myself (and encouraging whom ever else is actually still reading this) to look past the measure of success we’ve been taught and to be sincere in my efforts to help people. While, of course, still doing your best in school and all that.

If any of this seems nonsensical, I blame the fact that I have about a million things going on in my head right now. I’m not sure about all this seriousness—I guess I’m trying to get out all these thoughts before my reign as editor ends. Kind of like a mom who’s empty nesting. But also I haven’t done too many interesting things to take pictures of lately, so I don’t have many of those to fill up space. It’s fine. Sixty days. Oh wait, and then I’m paying my student loans. It’s fine.

Anyway…have a happy Easter, and I’ll see you in April!
Now I can... enjoy the great outdoors

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.”