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FROM the President’s Desk...

Spring is coming, or rather, is here. Don’t worry, the ASB will be providing plenty of activities to keep us occupied between GOF episodes this month. For one, ASB Trivia Night is back! The proceeds from February’s Trivia Night was almost enough to run the Jackson Free Clinic for one day – effectively and positively impacting the lives of numerous patients in need. Nothing is better than having fun for a good cause. For April’s Trivia Night, the proceeds will support UMMC Medical Mission Trips. Who knew showing off our knowledge for fun could have a local and global impact?

Carson, per usual, has an immense amount of intramural happenings. Interestingly, the winners of these leagues may end up impacting School Cup standings. Thomas will keep us updated. I’m excited for our annual ASB Crawfest. Crawfest is an incredibly awesome blend of food/drink/music and it couldn’t be at a better location this year (Reservoir Point, Ross Barnett Reservoir). Don’t forget to order a Crawfest shirt!

Spring also brings transitions for many students on campus. If one of those transitions is relocation, don’t forget that you can find a new home or sell yours at the ASB website. Go to umc.edu/asb and click “Find Housing” on the left menu. It’s really simple. There are currently some great homes for sale/rent already posted.

Speaking of transitions, your ASB President-elect, Peter Mittwede, will be coordinating elections for the 2014-2015 ASB Executive Council. So be on the lookout this month and be sure to vote for your next ASB Vice President.

The new Fondren After 5 is a relaunch effort to create a mega-platform of artists, crafters, designers, and musicians. Fondren Corner, Rainbow, and the Caper will be anchors of activity, with 10+ musicians spread throughout Fondren. In addition, over 25 vendors will be out selling food and goods.

Bravo Series – Bravo V
Jackson Prep
April 4 @ 7:30 p.m.

Bravo V: Mussorgsky’s Pictures at an Exhibition, performed by the Mississippi Symphony Orchestra, is the blockbuster season finale, featuring Beethoven’s 3rd Piano Concerto with soloist Anton Nel, and Mussorgsky’s powerful Pictures at an Exhibition. Tickets can be purchased online at www.msorchestra.com.

St. Paul and the Broken Bones
Duling Hall
April 5 @ 8 p.m.

This band from Birmingham, Alabama has been on repeat in my car over the past month. Ben Turner of the Alabama Shakes produced their debut album, which is full of soul and energy. Needless to say, if you like the Alabama Shakes, you will love this band. Tickets are $10.

A Taste of Mississippi
Highland Village
April 7 @ 7 p.m.

The 27th annual Blue Cross Blue Shield Taste of Mississippi, a benefit for Stewpot Community Services, will bring together dozens of Mississippi chefs and fine restaurateurs to share their culinary favorites on Monday, April 7, 2014, at 7 p.m. at Highland Village. The event has been a Jackson area favorite for two decades and was named a Top 20 Event by the Southeast Tourism Society. Tickets for this year’s event can be purchased through the Blue Cross Blue Shield Taste of Mississippi website, www.tasteofms.org.

Zoo Brew
Jackson Zoo
April 11 from 6 p.m. to 9 p.m.

The 7th Annual Zoo Brew, a fundraiser for the Jackson Zoo, features over 50 craft beers, including the introduction of 5 new breweries, live music, and apparently a wing eating contest! Obviously, you must be 21 or older to attend. Tickets are $30 (includes a cup for sampling and free food samples) and can be purchased online at jacksonzoo.org. Proceeds will support the Jackson Zoo Foundation.

By: Eric Holland, M4

Thanks and Best!
Brad, ASB President

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The Jackson Insider

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ASB Anatomy Ball
February 28, 2014

Hal and Mal's
A Rave, Featuring DJ Mario

A Rave, Featuring DJ Mario
Hal and Mal's
But teaching morality through heroes and villains eventually creates a problem: when we train our children to see Good and Evil portrayed in human bodies, sometimes they begin to think that every human body fully represents either Good or Evil. And when someone does something children perceive as wrong, they go on the list of Bad Guys. So we try to account for this in our storytelling. In the stories we tell to our children, we complication our heroes and villains to show that no one is perfect, that everyone is a marble slab. People aren’t entirely Good or entirely Evil; people are just People. Katniss Everdeen is an angsty teenager. Frodo Baggins gets seduced by the Ring he set out to destroy. Even the villainous Darth Vader dies embracing the son he once tried to corrupt. Some of our heroes, we explain, aren’t who we thought they were (cf. Barry Bonds). Some are unwilling heroes (cf. Wolverine). Some are morally inept until it really matters (cf. Tony Stark/Iron Man). And some are semi-delusional buffoons (cf. every Will Ferrell character). In Christian churches, it’s about this time that we start telling Bible stories about David’s adultery, Peter’s denial, and Moses’ self-doubt.

There is evidence throughout our culture, however, that maybe we don’t altogether move past the easy categories of Good Guys and Bad Guys. Maybe we persist in using simple labels a little longer than we mean to. In our more honest moments, some of us will admit that we regularly categorize people, if not into obvious categories of “Good” and “Evil,” then into groups of “Always Trustworthy” and “Likely to Hurt Me.” Or “Those I Expect to Act Morally” and “Those I Expect to Act Selfishly.” Or categories as simple as “You Accept Me” and “You Don’t.” Or if our moral senses have been overdeveloped by athletics, perhaps we’re prone to divide the world into Teammates and Opponents. And then we develop terms for our Bad Guys – liar, cheater, gunner, player, gossip – terms that color the long-term lenses through which we look at people. And when we really get comfortable making moral boxes of Good and Evil for the people we know, we draw generalizations that define Good and Evil in demographic terms – gender, race, sexuality, religion, class, upbringing, and ideology.

But our too-easy Good Guy and Bad Guy categories limit us. There’s no more evidence than in our political sphere, where we like to make absolutist claims and present polarized pictures of political candidates in an attempt to discredit them. Every candidate’s job is to make the opponent sound evil or inept. Or here’s an example that hits closer to home: In the great state of Mississippi, where we have a checked (at best) history of racial harmony, we (particularly us white folks) label our Racists. It’s all very simple. Racists, we say, are the people who use slurs and wear Confederate flags and cross the street to avoid walking past someone they assume will mug them. “That person is a Racist!” we declare. And we quickly dissociate ourselves from the Racist. Everyone else who is relativley politically correct, we think, is by default a Non-Racist (and, of course, we place ourselves in this category).

Lamentably, this way of labeling blinds us from the truth and from a better future together. There are intentional acts of racism that we use to label our Racists, but there are, of course, much subtle acts of racism – the way we refer to the “black woman” or the “white man” who wronged us. Or how we like to make racially charged jokes to show how hip and above racism we are. Or the person you call “Uncle Tom” when I say “gang member.” While our subtle acts of racism may not be malicious (they can be very well-intentioned), they are still hurtful and indicative that we don’t get race right. And beyond our subtle acts of racism, there are still more subtle racisms of omission. And beyond the racisms of omission, there is the systemic racism we have apparently grown quite comfortable with here in the Hospitality State. The places we live, the schools we send our children to, the churches we attend, even the paternalistic charities where we volunteer – so much is designed (or perhaps better, “left unchanged”) so that we are satisfied with things as they are and choose to turn our eyes from the problems our social structures perpetrate. All that to say, race is tough and deeply embedded, and while we don’t walk around in white hoods, not one of us handles it perfectly. If you handle race perfectly, congratulations. Please introduce yourself some-day…. "There was a blare of trumpets, and so began my story."
**A Look Back –**

David Steele, M4, reflects on his four years serving the Jackson Free Clinic as the Grant Writing Director.

Similar to most UMC students from Mississippi, one of the main reasons I sought to attend medical school was because I wanted the opportunity to treat the citizens from this state that I love. Growing up in Jackson, however, I have always felt an even greater calling to do everything in my power to help this city prosper.

Throughout high school and college, my friends and I spent many nights talking about different ways we could help improve Jackson. As a pre-medical student in college, I began hearing stories about a clinic in downtown Jackson, primarily operated by medical students that provided its services for free. Upon entering medical school a few years later, I quickly learned that this clinic was the Jackson Free Clinic (JFC). After volunteering only one time, I could see the incredible positive impact the JFC had on the people within the community. I knew after that experience, I wanted to devote my extra time in medical school to the JFC.

I was so determined to join the Board of Directors for the JFC, I decided to interview for a position, Grant Writing Director, for which I had zero experience. Even though I had never written or researched a single grant, I was elected to this position. As I had correctly assumed, I was elected not because of my incredible interviewing prowess, but because I had run unopposed.

For the last 4 years, I have held the same position on the board as Grant Writing Director. Reflecting on my decision to take on this role as an M4, I can only laugh as I think about how naïve I was to believe this job would be easy.

While my writing does seem to improve with every project, this has easily been the most humbling experience of my life. Through the years, I have undertaken multiple projects that have taken several months to complete only to be denied through a single email a couple of days later. Even so, the joy that comes with a single, successful grant submission makes all the rejections worth it because of the immediate impact it provides for our patients. I will always look back fondly to my time on the JFC board because of the incredible friendships I have developed with both board members and patients. It has also been exciting to develop a new craft that I can only hope has helped to improve the clinic and most importantly the lives of the people the clinic serves.

April is Oral Cancer Awareness Month and the University of Mississippi Dental School is pleased to offer our first annual walk/run! We are excited to announce that this event will take place at Renaissance at Colony Park in Ridgeland! The walk/run will start promptly at 8:00 on Saturday, May 3rd! Over 7,000 Americans die each year from oral cancer which, if detected early, can be treated. We are offering free oral cancer screenings to everyone in an effort to save lives! So wake up, get that heart pumping, and come be a part of the movement to END ORAL CANCER!

For Registration: [http://msoralcancer.blogspot.com/](http://msoralcancer.blogspot.com/)
UMMC Prospective Medical Student Career Fair

**Who:** Pre-med Juniors, Seniors, and Graduate Students  
**When:** Saturday, April 5th  8:00am-3:15pm  
**Where:** UMC Student Union, 2nd Floor

- attend an application workshop  
- meet the deans of the medical school  
- sit in on lectures from your future professors  
- receive financial aid information  
- learn what you need to be doing NOW in your process of applying  
- meet with various campus organizations  
- learn how to be a competitive applicant from faculty and students  
- meet current students and get an insider’s view into the life of a medical student

Online Registration: [https://apps.umc.edu/SOMCareer/SOMCareer.ctrl](https://apps.umc.edu/SOMCareer/SOMCareer.ctrl)  
Directions: [http://maps.umc.edu/](http://maps.umc.edu/)

Questions should be directed to:  
Savannah Duckworth at seduckworth@umc.edu  
or Kim Dallas at kdallas@umc.edu or 601-984-5010

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**Match Day 2014**

Match Day is one of the most important days in the life of a graduating (M4) medical student! It is the day you find out where you will complete your residency training to become a licensed physician. After years of studying, a series of board exams, and a barrage of interviews, the expectation culminates as senior medical students gather for a ceremony with their family members, friends, peers, and school administration. As the tradition continues, each graduating student walks on stage, opens a sealed envelope, and reads aloud the location of their match in front of a crowd of hundreds of people. Call it exciting, terrifying, thrilling, whatever, but it is definitely unforgettable!
News from the M2s

As the school year is flying by, we M2s are gearing up to put the pedal to the metal, so they say. You may not see us often for the next two months as we study for our Step 1 exam in May. This exam covers our knowledge from the first two years of medical school. Nevertheless, even in the midst of such intense studying, our class always finds ways to have a fun!

Emily Brandon (M3), Lizzy Sherard (M2), and Susan Frichter (M2) organized the Family Medicine Lip Sync this year. Over $1300 was raised for the Jackson Free Clinic and The Circle of Life Support! Wow! The M2s won first place for the SECOND year in a row by performing to an Aladdin music mix. The M2 group consisted of Mikey Arceo, Sarah Ali, Logan Rush, Katye Herring, Jonathan Ebelhar, Carrie Shumaker, Joey Origgs, and Jordan Gunn. #90skidsproblems fell into second place, and the MVP was a boy named Jonathan Buckley with the Internal Medicine residents. Lizzy Sherard, Susan Frichter, and Summer Bailey (M2) also competed as The Spice Girls with the Family Medicine Interest Group, along with Savannah Duckworth (M4), Jon Buchanan (M4), Emily Brandon (M3), and Hannah Barrett (M1).

Also, a few M2s (pictured below left) participated in the MS Museum of Art movie night out on the lawn to watch Groundhog Day in March.

We now have two new additional members of our family. David (M2) and Rachel Green with Cooper Harrison Green, born January 31, 2014, and Jared (M2) and Morgan White with John Allen White, born March 6, 2014. Congratulations Jared and David!!!

We have all been assigned our third year rotations, and I feel like I can speak for the class to say that we are SO ready to be in the hospital, saving lives left and right. Although we have lots to learn between now and June, there is a light at the end of the tunnel!

Happy spring,

Eden Yelverton, M2

You Need A Dog....

By: Ryan Marshall, M2

As a second year medical student, emotions run wild, and stress is high. I have learned a lot in medical school, from class and books, but in other ways as well — about life, determination, and myself. I have learned to appreciate the ones who are unwavering in love and support even through the toughest of times. And so far in my life, medical school has been one of the largest hurdles.

I owe a lot to my family and wife for their support, but who I want to commend today are my two awesome dogs. Over the past year, I have grown to love and appreciate my girls more and more. As a second year, class attendance is more flexible, so I have found that studying in my home office is where I do best. I attribute this to my dogs. They sit with me (sometimes stare at me if we have gone to long without a break) and provide constant support just by their presence. Our study breaks consist of time together on the back porch and a game of fetch. They get their "potty time" while I get a dose of Vitamin D and fresh air — I mentally benefit from their need to urinate.

It is proven that pet owners are healthier than those who do not own an animal. Research shows owning an animal can benefit a person's mental/physical health in ways such as lowering one's stress/anxiety level, lowering blood pressure levels, and increasing one's exercise/activity level. It is also widely believed that pet owners have a longer life expectancy than those who do not own an animal.

My dogs give so much more to me than I could ever give to them. I cannot imagine a day of studying without them at my feet. I wish everyone understood the unconditional love and support a pet can provide. Although animals need us to survive, I do feel strongly that as humans we also need them. My dogs give me something that no one else can. There are many precious animals that need homes at http://www.carams.org and your local humane society. Help yourself by helping an animal!
Work hard, play hard was the idea of this group of M1 students for their first Spring Break of medical school. Our group of M1s (pictured at right) took the Carnival Elation cruise, which sailed to Cozumel and Progreso, Mexico. In Cozumel, some of the us took a Twister speedboat to Isla Passion, while the others went to Senor Frog’s. In Progreso, all of us had a blast at the Corona beach party (pictured below). Nobody said med students couldn’t have fun!

Our group included Neal Boone, Paul Dotherow, Jason King, Will Ford, Hudson Frey, Justin Watts, Laurel Lackey, Julie Waddle, Steve Faulks, Jennie Katherine Ellis, and Mary Katherine Kerce.

Questions, comments, suggestions, other feedback about The Murmur? Send it all to jhthomas@umc.edu.

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Winner chooses which 3 months the pass is valid.

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Contact: Neal Boone nboone@umc.edu
Casey Chinn cchinn@umc.edu
Mary K. Kerce mkerce@umc.edu
St. Patty’s Day

M1s
Randy Jones, D4

PT3s
Jeff Heusser,
Sarah Whatley,
Blake Hobbs

M3s
Ann Robin Tucker, Rae Quigley,
Anna Kate Moen, Kevin Randolph,
Deani Haggerty, Anna Gay

M3s
Mary O’Hear, Rae Quigley,
Deani Haggerty

Classifieds

House for Rent
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- Great neighborhood, all frontage road and
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Contact Jamie Hanry at 601-946-0039

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Intramurals Inbox

Current News:
• Trivia Night #2 at Sal and Mookies on Monday, April. The cost is $60 for a team of up to 6 people. Limited space available, so don’t wait to sign up on the Intramurals site: www.Imleagues.com/UMMC
• There will be prizes for 1st, 2nd, and 3rd places, plus door prizes all night. All proceeds go to the UMMC students’ medical mission trips.
• Co-Ed soccer will be played at Newell field on Sunday afternoons.
• Sign up for intramural softball at above website. Games will be played at the fields behind the Flowood YMCA on Thursday nights.

Be In the Know:
• Visit the intramurals section of the ASB website to follow standings and access schedules all year long. Go to http://www.umc.edu/asb/ and click on “Intramural Sports”.
• Contact Carson Kisner, Intramurals Chairman, at ckisner@umc.edu with questions or for more information.

Soft Batch Chocolate Chip Cookies

Ingredients:
2 ¼ cups all-purpose flour
1 3.4 ounce package of instant vanilla pudding mix
1 teaspoon baking soda
½ teaspoon salt
½ cup unsalted butter, at room temperature**
¾ cup dark brown sugar
¼ cup granulated sugar
1 egg
1 egg yolk
1 teaspoon vanilla extract
1 ½ cups semisweet chocolate chips

Instructions:
1. Preheat oven to 375 degrees F. Line two baking sheets with parchment paper; set aside.
2. In a medium bowl, whisk together the flour, pudding mix, baking soda and salt; set aside.
3. With an electric mixer on medium speed, cream together the butter and both sugars until light and fluffy, scraping the sides of the bowl as necessary, about 3 minutes. Add the eggs and vanilla extract and mix until combined. Reduce the mixer speed to low and gradually add the dry ingredients, mixing only until a little flour remains. Using a rubber spatula, fold in the chocolate chips.
4. With a medium cookie scoop (or 2 tablespoons), form dough into balls and place on prepared baking sheets about 2 inches apart. Bake until the outside edges are just set and light golden brown, and the middles are still puffy, about 10 to 12 minutes. Remove from the oven and allow to cool on the baking sheet for 5 minutes, then remove to a wire rack to cool completely. Store at room temperature in an airtight container for up to 5 days.

**In full disclosure, the recipe calls for 2 sticks of butter. Personally, I think it tastes great with 1 stick. If you’re a butter lover, and you’re feeling really spunky use 2 sticks. Otherwise, I think most of you will be happy with 1. :)
We've all heard the quote from Mahatma Gandhi:

"Watch your thoughts, they become words; watch your words, they become actions; watch your actions, they become habits; watch your habits, they become character; watch your character, for it becomes your destiny."

And your mom always told you, “If you frown too much, your face might stay like that.” Or, “You are what you eat.”

Beyond the surface meaning, though, these ideas have real application. What's more, our thoughts, words, actions, habits, and character emanate in our lives every day, and they make up the basis of how we interact with others. In my twenty-five years (I refuse to be a quarter of a century old, but that's a different story), I have never thought consistently, every day, about how my attitude, my mood, and my outlook affects everyone else around me. Until recently, I love people, and I love listening to them and interacting with them. I love to smile, and I love to laugh even more. But the flip side of loving people is that I’m very easily affected by what is going on in their lives. It’s natural for me to want to bear others’ burdens and to rejoice and celebrate when they are excited. It’s just who I am. And God even calls us to do this. Think of Galatians 6:2, where Paul says, “Carry each other’s burdens, and so fulfill the law of Christ.”

But, in his first letter to the church at Thessalonica, Paul also exhorts them with this: “Therefore encourage one another and build each other up, just as in fact you are doing” (1 Thessalonians 5:11). I commonly think of obeying this call by encouraging people when they are going through a tough time, experiencing great trials, or when their demeanor is sad and discouraged. But what I much less often think of is how I disobey this call in my own attitude. When I have a negative attitude, not only does it manifest in my own actions, but also it directly opposes this command to encourage others.

It’s so easy to let a series of bad things taint your attitude, or to let your stresses, concerns, or worries affect your mood. You wake up tired from a restless night, get stuck in traffic on the way to school or work, your superior yells at you for a mistake that was not your fault. It’s only 10:00 AM, and you are so hungry that’s all that’s on your mind. You left your house in a total mess – bed unmade, dishes in the sink, six piles of dirty clothes – and you know it is waiting for you when you finally come home after an exhausting day.

Those days are SO real. In fact, sometimes it feels like there are more days like this than days that are smooth-sailing, good, or great days.

Take a moment and think about who you are around on a daily basis. Think about those other than family members or your closest friends – the coworkers, peers, and acquaintances. Now think about how their mood affects you. Are any of them notoriously uptight – they seem to see the bright sides of most situations, they laugh and smile a lot, and they rarely let bad days command their moods? What is your day like when you spend lots of time with them? What about the people you see regularly who have overall negative attitudes, who seem to see the negative side of nearly every situation or who let bad days dictate their moods? How does spending time with them affect your own outlook?

According to the journal Psychology Today, our mood is largely determined by how others, most notably, those closest to us, treat us. I wholeheartedly believe that the reason for this is that we were created as social creatures – we were made in the image of God, perfect. Daily, we get our image of how we are to react to others from our Heavenly Father who cares for us, just as He commands us in 1 Peter, and to strive to let the others around us see Him as our central focus, rather than the troubles of this life!
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.