Life insurance is more than a policy, it’s a promise.
A Few Notes from the President...

At the Helm of the ASB: A Brief Recap of the Year

"You have to go through the falling down in order to walk. It helps to know that you can survive it. That's an education in itself." – Carol Burnett

The past few months have been a surreal period of transition for me. It’s been a combination of things wrapping up, including the completion of a graduate program in the Department of Physiology and the ending of various leadership roles, but also a time of beginnings, including the birth of my son and a transition back to the clinical world of medical school.

As is often the case with leadership roles, I’ve encountered numerous unexpected challenges that have been a source of a measured amount of stress. However, it’s been a fantastic year. I’ve grown in ways I didn’t know I could, been a part of some great student-led initiatives, and perhaps most importantly, I’ve met and worked with amazing people.

The ASB is the farthest thing from a one-person operation you can imagine, and much of what we’ve done has been to continue initiatives started by past ASB leaders. Where we have started new initiatives, my capable and diligent leadership team has done most of the work. Each and every one of the ASB officers and school representatives has played a vital role in bringing you opportunities for service, fun, and camaraderie.

I would be remiss if I did not thank Dr. Jerry Clark, Virginia Covington, and Shelly Sanders, for being the glue that has held the ASB officers together, as well as all of the wonderful student affairs leaders in our six UMMC schools for being so supportive of the student leaders in their respective schools. We could not do what we do without them. Special thanks also go out to our Student Union staff, Leigh Ann Massey and Ericka Hailey, for their tireless work on behalf of students.

I’m extremely excited about the upcoming academic year for the ASB, which will be led by Sarah Ali. She has done a tremendous job of forming a diverse leadership team representing a number of our UMMC schools. Her team, in conjunction with the elected leaders from our six schools, will work hard to serve our students and our community. I ask that you give them your full support, and encourage you to become involved with many of the activities and initiatives they will plan and implement.

Thanks for a great year!

Sincerely,

Peter Mittwede
ASB President (2014-2015)

pmittwede@umc.edu

Jackson Events

May the Fourth Be With You
May 4 at 6:30 PM
Saltine Oyster Bar, Jackson
Cost: No cover

A Star Wars celebration for the kid in all of us, complete with a costume contest, themed food specials, live music, trivia, more.

Take a Tasty Bite Out of Crime
May 4 from 7:00 to 10:00 PM
Highland Village, Jackson
Cost: $50

Come celebrate this 18th annual fundraising event to promote safe communities and thank our local law enforcement agencies. In on the festivities will be the tri-county area sheriffs: Tyrone Lewis, Bryan Bailey, and Randy Tucker. One of the best outdoor parties of the year, it promises to deliver great food (featuring Metro Jackson’s finest restaurants), great drinks (wine, beer, and liquor distributors), and great entertainment (Hunter Gibson and the Gators, plus Time to Move).

Cinco de Mayo Celebration
May 5 from 11:00 AM to 10:00 PM
Sombra Mexican Kitchen, Ridgeland
Cost: No cover

Don't miss this true Mexican feast! Food and drink specials, of course, plus music by Cucho and Los Paps on the front veranda.

Cinco de Mayo Run
May 5 at 6:00 PM
Fleet Feet Sports, Ridgeland
Cost: Free

This run is open to participants of all fitness levels, who can choose to run or walk 3-6 miles.

National Day of Prayer
May 7 from 12:00 noon to 1:00 PM
Mississippi State Capitol, Jackson
Cost: Free

Come to the south steps of the Capitol building and join all Mississippians to pray on behalf of our public safety workers. Lawn chairs and blankets are welcome.

Pepsi Pops
May 8 at 7:30 PM
Old Trace Park, Ridgeland
Cost: $12 in advance, $15 at the gate

The annual event includes family friendly activities, music from the MS Symphony Orchestra, and a fireworks finale. Concessions will be sold, and picnic baskets are welcome. Gates open at 4:30 PM. Alcohol and glass not allowed.
The Cardiology Interest Group have t-shirts on sale for only $15.

• The conference rooms is closed in the evenings for setup purposes.

• Just a reminder that the Student Union Recreation Room and ASB Suite are available for study 24/7 with your student ID badge.

• The Cardiology Interest Group have t-shirts on sale for only $15 until Friday, May 15th. They will be delivered a few weeks after the deadline, and we will let you know when and were to pick them up!

• complaints, comments, suggestions or requests? Let us know!

A form is available and intended for use by all University of Mississippi Medical Center students who wish to leave complaints, make comments, offer suggestions or request assistance through the Office of Student Affairs. Our group of dedicated professionals is engaged in fostering an environment that promotes academic success and student development. Please help us by providing candid feedback or by offering us an opportunity to help.

https://www.umc.edu/Education/Academic_Affairs/Current_Students/Student_Comments_and_Complaints.aspx

Important Dates
- Commencement - May 22
- Memorial Day Holiday - May 25
- First day of Summer 2015 term - May 26
- Drop date for Summer 2015 term - June 8
- First day of Fall 2015 term - August 10
- Drop date for Fall 2015 term - September 1
- Labor Day Holiday - September 7

Uncommon Commitment

At Trustmark, we’re proud to say that we have a strong commitment to UMMC and the surrounding area. We’re proud of our medical facilities, hospitals and physicians who are continually striving to meet the needs of this community by providing the best quality care.

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35% of Mississippi adults are obese.

UMMC is 100% committed to the fight.

The Office of Alumni Affairs congratulates the UMMC Class of 2015!

Welcome to our newest alumni!

As you embark on your future endeavors, we wish you much happiness and success.

To receive notifications about future events and programs, please update your contact information at http://tinyurl.com/UMMCAddressChange.

Obesity is a health crisis in our state—reducing life expectancy as well as quality of life. To help, the Mississippi Center for Obesity Research at UMMC is developing new prevention methods. SEC Professor of the Year, Dr. John Hall, is leading a new generation of doctors and researchers in the fight against obesity. UMMC is also working with local governments, communities and businesses, motivating our state to make healthier choices. This is a fight for our lives and we’re in it together.

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The University of Mississippi Medical Center

Located in Office Annex 2 on the UMMC Campus, 2500 N. State Street, Jackson, MS.

Phone: (601) 984-1115
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Hidden Object Challenge

It’s not “Where’s Waldo?” but “Where’s the Stethoscope?” Rules: there is a stethoscope (see example below) hidden somewhere in the issue. Find it, and email me at jhthomas@umc.edu, with the page number and where on the page (what’s beside it, etc.) Deadline: Friday, May 22. All those who find it (correctly) will be entered into a drawing for a gift card, courtesy of Dr. Jerry Clark and the Student Affairs department! Have fun playing!

Congratulations to our April winner: Nick Watkins, M3!

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- Study dates with coffee and a sandwich
- Ice cream treat
- Weekend breakfast away from the cafeteria
- Enjoying music with friends on the FmE patio
- Sharing with a friend

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ASB Claus Ball
School of Pharmacy
Spooky U
Grad Studies Breast Cancer Walk
School of Nursing and Habitat for Humanity
UMMC/MC Law Anatomy Ball
UMMC/MC Law Anatomy Ball
School of Pharmacy
#YearinReview
I ventured out into a different side of cooking this week – kale. It has gotten so much publicity for its healthfulness, but I was always nervous to use it! This week, I bring you a healthy, simple meal that should take 5 minutes for you to gather the ingredients at Kroger and 25 minutes to cook at home. Serving size is 4 people on this one (so if you cook for two like me you can get away with two dinners!).

**Ingredients:**
- Salt/pepper
- 8 oz penne
- 8 oz snap peas, cut in half (I bought these in the cold section next to the vegetables, but frozen is always an option)
- 1 bunch thin asparagus, cut into 1½ inch pieces
- 1 small bunch kale, leaves removed from stems and chopped
- ½ cup extra-virgin olive oil
- 1 bunch fresh chives, chopped (enough for about three tablespoons)
- 1 lemon, zested, plus 1 tablespoon lemon juice
- 1 tablespoon chopped tarragon (find in spices section)
- ¼ cup grated Parmesan cheese (or mozzarella)
- ½ cup cherry tomatoes, cut in half

**Instructions:**
1. Boil penne pasta as directed on box. Add peas, asparagus, and kale to the pot with 3 minutes left of cooking; stir often. Reserve ½ cup cooking water in a separate bowl and then drain the pasta and veggies.
2. Combine the olive oil, 2 tablespoons chives, lemon zest and juice, and 1 teaspoon salt and pepper in a blender. Add 3 tablespoons cold water and then pulse until smooth. Transfer to a large bowl and stir in tarragon. Drizzle with olive oil.
3. Add pasta and vegetables to chive puree, along with ¼ cup of reserved cooking water. Add half of the cheese; season with salt and pepper. Toss well, add more cooking water if needed. Serve topped with the left over cheese and chives.

My adventure with kale turned out to be pretty good! Try this recipe and you’ll see how easy it actually is to cook with. Enjoy!

Eden J. Yelverton, M3
White Chocolate Strawberry Cake

Since it’s finally strawberry season, and Kroger has been having ridiculous sales, I wanted to share with you guys a no-fail strawberry cake recipe. I have made this cake numerous times, even for a wedding! It’s been raved about every single time, and not because I made it by any means. The recipe itself is fool-proof and ridiculously easy. It’s no harder then making cake from a box. You just have to have a few key ingredients on hand, and you’ll be set. If you have a special occasion coming up, or if you just want to make cake for yourself, please try this recipe. You won’t be sorry. :)

Source: http://joythebaker.com/2013/05/white-chocolate-rose-cake-with-strawberries/

For the Cake:
- 4 cups cake flour
- 2 teaspoons baking powder
- 1 1/2 teaspoons baking soda
- 1 teaspoon salt
- 1 cup (2 sticks) butter, softened to room temperature
- 2 cups sugar
- 1 tablespoon pure vanilla extract
- 4 eggs, at room temperature
- 2 cups buttermilk
- 1/2 cup white chocolate chunks, optional

For the Frosting:
- 3 cups heavy whipping cream
- 3 tablespoons rose water, optional
- 1/4 cup powdered sugar
- 2 teaspoons pure vanilla extract

For the Filling:
- 1/2 cup white chocolate chunks, chopped, optional
- Fresh rose petals, for topping the cake
- 1 1/2 cups sliced strawberries

Cake Instructions:
1. Preheat oven to 350 degrees F and place racks in the center and upper third of the oven.
2. Butter and flour two 9-inch round cake pans (or 3 pans if you have them, as this is a triple layer cake. I only have two, so I baked two cakes, the second 2 layers after the first two were out of the oven.)
3. In a large bowl, whisk together flour, baking powder, baking soda, and salt. Set aside.
4. In the bowl of an electric stand mixer fitted with a paddle attachment, beat butter and sugar at medium speed until pale and fluffy, about 3 to 4 minutes. Add eggs one at a time, beating well and scraping down the bowl after each addition. Beat in vanilla extract.
5. Turn the mixer speed to low and add half of the dry ingredients. Add half of the buttermilk and beat until just combined. Add the remaining flour and buttermilk and beat until just combined.
6. Remove the bowl from the mixer and finish incorporating the batter with a spatula. Scrape the bottom of the bowl to make sure there is no butter or flour hiding down there. Fold in chocolate chips.
7. Divide the batter among the two cake pans (or three if you have them), making sure that you save enough batter for the last cake to bake off. Spread batter evenly in each pan and then rap each pan on the counter top to help the batter settle and eliminate any air bubbles. Be sure to re-grease the pan before baking a new layer.
8. Bake until bubbled and golden brown, about 20-25 minutes. Insert a skewer into the center of the cake. If it comes out dry with just a few crumbs, it’s done!
9. Cool cakes in the pan for 10 minutes before inverting onto a wire rack to cool completely.

Frosting Instructions:
1. Combine heavy cream, powdered sugar, and rose water in the bowl of a stand mixer fitted with a whisk attachment. Beat on medium speed until soft peaks form. Once soft peaks form in the whipped cream, keep an eye on it.
2. Continue beating just past the soft peak stage. You don’t want to over-beat the cream. It should hold its shape but still be smooth and spreadable. You can always beat the whipped cream into more shape, but you can’t unwhip it to a smoother consistency once it’s firm.
3. To assemble the cake, place three strips of parchment paper onto a cake plate or stand (will help keep the plate clean while you frost the cake.) Place one iced cake round atop parchment paper. Spread a generous amount of whipped cream atop the first layer. Arrange half of the strawberries atop the cream and sprinkle with half of white chocolate.
4. Place another cake layer atop the frosted layer. Top with more whipped cream, remaining strawberries, and sprinkle with remaining white chocolate.
5. Store cake in the fridge until ready to serve.

So each time I made this cake I cut the recipe in half and made a double layer cake. I think it was the perfect amount. As is, the recipe makes a ridiculously huge cake, which is great for a special occasion. I also made it with the frosting from the original recipe one time. It was great and very light, which would be perfect for summer. Since then, though, I’ve been using my go-to cream cheese recipe. The cream cheese icing goes really well with the strawberries. It’s all personal preference. You can even use other berries if you’d like. When it comes down to it, this is just a yellow cake with a few fancy perks. Feel free to adjust it however you’d like. I hope you enjoy it as much as I have! As always, please feel free to e-mail me if you have any questions or recommendations. Happy May everyone!

~ Mina
As a former boxer, bull rider and construction worker, tough guy Roy Eavenson was never the type to ask for help.

So imagine his frustration when he lost his left hand in an industrial accident. “I was real blue,” he said. “There were so many things I couldn’t do.”

But ever since Methodist Orthotics & Prosthetics custom-fit Eavenson with a bionic hand, he’s found few activities out of reach on his 30-acre spread in Covington County.

He gives a big thumbs-up to the device’s five-finger functionality, particularly the pinch that lets him get dressed independently. “A one-armed fellow has a hard time buttoning his Levis, particularly when they’re kind of small,” he says.