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#BirthdayEveryday
A Word From the President

Welcome Back, UMMC!

Whether it was in a classroom, a clinic, or a pool, I hope you have all enjoyed your summer. For some of you it’s your first year with us and for others it’s your last. No matter which, we at the ASB hope to make it enjoyable. For those of you who don’t know, the ASB is a collection of elected students from all of the schools on campus. Our job is to fill the void between class work and sleep by promoting social events, community service activities, leadership opportunities, intramural sports and everything else needed for a well balanced individual. We are also the platform to raise student concerns or ideas to the administration and are responsible for communicating administrative decisions back to the students. Essentially we are here to serve you and make your life at UMMC more enjoyable.

When you think our social events, you think of our big parties. We usually have five a year: The Back to School Party, The Halloween Party, The Clause Ball, The Ambulance Chase Party, and The Crawfish Party. We also promote many smaller functions such as family game night and dinner and a movie. Throughout the year we will also provide tickets to the Mississippi Braves games, the Mississippi Symphony Orchestra, and other events that occur around Jackson.

If you are interested in community service, you do not have to look far. Generally there is someone needing help every weekend. Usually community service activities are advertised by email from the community service representative from your class. We hope to have a calendar of events in the future so everyone can see what is available in time to plan their busy schedules.

I would to encourage you all to get involved as much as you can on campus. Being in a leadership position can truly enhance your experience at UMMC. There is always a need for more help and fresh ideas. Please find out when your school holds elections or run for one of the four campus wide positions in the spring. If you lose, try again next time. Believe me you will not regret it.

Please check out the ASB website at http://asb.umc.edu/. It is currently being updated so I apologize for all of the outdated material. The updates are coming shortly. Please email me with any questions about anything lancaster@umc.edu.

Jake Lancaster
Associated Student Body President
School of Medicine Class of 2013

Welcome Back, UMMC!

Vice President’s Column

I know that everyone’s spent all summer long counting down the days until the Rowland Medical Library switches back to its regular academic hours, but I wanted to send out a reminder about some events this fall. The Back to School Party is August 17th @ Hal and Mal’s. If you’ve never been to a UMC party, this will be a great one to try out. U.S is playing, and we’ll have food and cab vouchers as usual. Proceeds from t-shirt sales go back into our party account, so be on the lookout for the emails about that. This fall we’ll also be having a College Football Pick ’Em, the Halloween Party, and some other events that you’ll get emails about once they’re announced.

So put on your coolest sweat shirt. Practice those dance moves. If you have any questions, suggestions, or ideas for ASB events, please don’t hesitate to email me.

Jonathan Peeples
Associated Student Body VP
School of Medicine Class of 2013

FALL CALENDAR

8.17.12
Back to School Party at Hal and Mal’s
Featuring U.S

10.26.12
Halloween Party at Hal and Mal’s
Featuring SpeakerBoXx

12.7.12
Claus Ball at the Mississippi Children’s Museum
Every year, parents and family members of incoming medical students walk the halls of UMMC at “Family Day” and see the importance of supporting their loved ones over the next four years. UMMC is one of the only medical schools that provide this type of orientation for family members. But medical students don’t come alone when they start this new chapter. The spouses and significant others of these students are an ever-growing and integral group who become intertwined with the demands of a medical career.

Being in a relationship can be hard enough, but when you’re in a relationship with a future doctor, you enter a path of inconsistent schedules, mounting debt, missed family events, and emotional stresses from major events like board exams, rotations, and residencies. Still, more and more students today are entering medical school in serious relationships. Many are married and even have children by the time match day arrives.

For the loved ones of UMMC medical students, a great deal of patience and understanding from both sides is important.

That’s where the UMMC Medical Student Family Alliance (MSFA) can lend a hand. Formerly the UMMC Spouse Alliance, this service-based organization is welcoming to both men and women, and is for all significant others and spouses of medical students, as well as the medical students themselves. “We are really excited about the direction this group is going,” said Charla Howard, President of the MSFA. “While we are maintaining the primary purpose of supporting the families of medical students, we are looking forward to the new contributions we will make to the community.”

Members work together in various capacities to support each other, the medical students, and the local community during their time at UMMC. In addition to service projects, the MSFA also host parties and social events that allow everyone to take a break from the stresses of medical school.

Vice President Elizabeth Briscoe adds: “Some of the new community service projects the MSFA will be working on this year include a Halloween Trunk or Treat event for families of UMMC students, events involving Blair E. Batson Hospital for Children, and different projects that directly benefit the medical students.”

In addition to the medical students’ busy schedules, many members hold full-time jobs or are pursuing professional degrees, so involvement in the Family Alliance is not a burdening time commitment. Howard says, “We are now offering something for every type of family. From those who are still in a dating relationship to people with a bunch of kids at home, the MSFA has something for everyone.”

For those interested in joining the UMMC Medical Student Family Alliance, please email Clare Berlin at clare.berlin@gmail.com. You can find the Family Alliance on Facebook at UMMC Medical Student Family Alliance.

This summer, UMMC held its first-ever dodgeball league. We had a great turnout with 13 teams participating. Competition was intense and emotions ran high at times, but in the end it was the always competitive PT team that finished on top. Congratulations to PT-Smithers for winning the first ever UMMC Dodgeball League Championship!

Upcoming intramural sports this fall semester: Flag football, Ultimate Frisbee, Volleyball
Welcome to Kansas City! In July, the UMC Family Medicine Interest Group (FMIG) sent a delegation to the American Academy of Family Physicians (AAFP) National Conference. Over 3,000 eager med students interested in family medicine came to the conference in Kansas City, MO. It was a wonderful week of workshops, parties, networking, and free stuff! The UMC FMIG representatives were M4s Katie Royals and Phil Carter, M3 Savannah Duckworth, and M2s Emily Brandon and Carollita Heritage. Each year, the AAFP offers scholarships to national conference, and this year Katie, Emily, and Savannah applied and were granted scholarships! Some of the highlights of the conference included speeches on topics like social justice, workshops on serving the underserved, and AAFP leadership forums. There was also an exhibition hall that had over 400 vendors to chat with residency programs, medical mission opportunities, M4 away rotation options, and everything you could want to know about family medicine. The exhibit from Ministry Healthcare in Wisconsin had a photo booth that we definitely took advantage of! And the Kaiser Permanent Family Medicine program from California fed us ice cream before inviting us to a cocktail hour. There were also free massages offered from the United States Public Health Service. At the annual party, we were entertained by an 80s themed band! Overall, we had a blast. It was an invaluable experience of networking opportunities in the field of family medicine. If you are interested in family medicine or becoming involved in the FMIG, please email Savannah Duckworth seduckworth@umc.edu for more information.

The Center for Bioethics and Medical Humanities staff extends its thanks to students in each school (GS, SHRP, M4s) for continuing to improve our “Professionalism Across the Curriculum” (Jefferson Scales, Moral Judgment, and Ethics Literacy) again in the future. In order to take the tests you will need your student ID number. The tests are sent to students in each school (GS, SHRP, S0D, SOM, SON, SOP) by email for each testing session. Please remember that all the tests are de-identified; that tests do not contribute to or detract from any of your course grades; and that these tests are not a part of your permanent record. Also remember that each time you test, you are entered into a drawing to win a gift card from area merchants.

If you have questions, please contact us at cbmh@umc.edu or call (601) 984-4964 or visit our offices in the Learning Resource Building where we are happy to answer your questions about the Quality Enhancement Plan or any of our other projects including our ethics consultation service, research projects, and our summer bioethics fellowship. We thank you for your participation and for continuing to improve our “Professionalism Across the Curriculum” Program.

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1. Half of all Americans live within 50 miles of what?
2. Most boat owners name their boats. What is the most popular boat name requested?
3. If you were to spell out numbers, how far would you have to go until you would find the letter “A”? 
4. What do bulletproof vests, fire escapes, windshield wipers, and laser printers all have in common? 
5. What is the only food that doesn’t spoil? 
6. Which day are there more collect calls than any other day of the year?

*answers on pg. 14

**Game Room**

In the 1400’s a law was set forth in England that a man was allowed to beat his wife with a stick no thicker than his thumb. Hence we have “the rule of thumb.”

Many years ago in Scotland, a new game was invented. It was ruled “Gentlemen Only...Ladies Forbidden”...and thus the word GOLF entered into the English language.

The first couple to be shown in bed together on prime time TV were Fred and Wilma Flintstone.

Every day more money is printed for Monopoly than the U.S. Treasury.

Men can read smaller print than women can; women can hear better.

If a statue in the park of a person on a horse has both front legs in the air, the person died in battle. If the horse has one front leg in the air the person died as a result of wounds received in battle. If the horse has all four legs on the ground, the person died of natural causes.

Coca-Cola was originally green.

The percentage of Africa that is wilderness: 28%.

The percentage of North America that is wilderness: 38%

Intelligent people have more zinc and copper in their hair.

Each king in a deck of playing cards represents a great king from history:

- Spades – King David
- Hearts – Charlemagne
- Clubs - Alexander, the Great
- Diamonds – Julius Caesar

**The School of Dental Hygiene**

On behalf of the Dental Hygiene Class, we would like to thank everyone who participated in our breast cancer awareness fundraiser. As a result of your contributions, we were able to donate over $1400.00 to Blair E. Batson Oncology.
Welcome back to school everybody, and welcome to Flowood, Mississippi, Genghis Grill! If you’ve been wondering, here is your low-down on the new restaurant in town that offers “Mongolian barbecue”. Before I start, rule #1: I know we’re all super smart health professional students, but even after studying this handy-dandy Genghis Grill guide, don’t zone out when the waitress explains the process to you. So, here we go!

I went with medium and had leftovers for lunch the next day. We were given two silver bowls (and the card) to carry with us to the buffet area with all the ingredients. The large bowl is where everything goes. The small one is for the sauce only at the end of the line. I repeat, sauce only. I repeat, ok you got it! You’ll thank me later :)”

As you can see, I have a super cute iPhone cover, aha. Ok really, as you can see, it’s really as simple as “1. 2. 3…14. 5” (which is coming up later). First of all, the waitress seats you, lets you in on all the secrets, asks you what size bowl you want, and gives you a card with your and the waitress’s name on it to take to the “buffet”. There are 3 bowl sizes offered, for a not unreasonable price considering the mountain-high pile of meat, seafood, veggies, etc. you’ll be able to load it with.

I went with medium and had leftovers for lunch the next day. We were given two silver bowls (and the card) to carry with us to the buffet area with all the ingredients. The large bowl is where everything goes. The small one is for the sauce only at the end of the line. I repeat, sauce only. I repeat, ok you got it! You’ll thank me later :)”

You start here (holy moley!) and add any amount/mixture of chicken, beef, pork, shrimp, fish, and whatever else I’m leaving out. The bowl is not weighed or anything, it’s only a matter of how good you are at balancing a potentially unstable structure… like Jenga. So, I’m sure you’ll all be pros!

STEP 3: PICK YOUR VEGGIES.

In other words, embrace those Jenga skills. Or, a walk in the park for all the dentists-to-be out there (shout-out to my most precious little brother, Richard Jr., who I take every opportunity to declare my love for!) with their superb fine motor skills (that they’re getting to fine tune in their brand sparkling new buzzillion dollar lab! So jealous!). Now, THAT’S what you call a run-on sentence. Ok, food article, I should say, my personal favorite was the addition of bean sprouts and crunchy water chestnuts.

STEP 4: SELECT A SAUCE. My suggestion, don’t feel hurried by other people and sample the sauces, for which they have little spoons like at Ben & Jerry’s. After all, you just spent aaaall that time and careful effort creating your masterpiece, what’s 30 seconds to add an only perfect finishing touch? I might also suggest not mixing sauces so that the next time you go you’ll only have 100 decisions to make, instead of 101 :).

STEP 5: CALL YOUR STARCH.

Fried rice, brown rice, noodles, or tortilla. You’ll hand one of these guys that card the waitress gave you, and they’ll check off the starch of your choosing. I’ve heard not-so-great things about the fried rice (too wet, basically). I got the brown rice and was pleased. I’ve heard the noodles are the way to go, so noodles here I come. Hopefully by the time you’re reading this I’ll have checked that off the list, along with Step 2 CK, Step 2 CS, my personal statement, and meetings with all of my much-appreciated LOR writers…and a trip out on the boat!

By Nilda Whitty, M2

A few other things you should know about Genghis:
- They also offer approximately five appetizers and five desserts to choose from. For you guys only, I made a huge sacrifice and did a rare thing: appetizer, entrée, and dessert! The pot stickers I give a thumbs-up. The waitress recommended the lettuce wraps, as well. The lava cake tasted like microwaved chocolate cake. I’d go for something else next time.
- I love that they have a covered patio and a bar area inside with a few televisions for Tar Heel, State, Ole Miss, Gator, etc. watching. Eeeek I can’t wait for football season!
- It is located down Lakeland Drive, directly behind Cheddars restaurant.

So, as if you weren’t already chomping at the bit to go and create your own masterpiece, I was able to get in touch with the owner who has so kindly offered us poor UMMC students a discount. Thank you, Mr. Breunig! Good luck with the brand new school year everyone! After a quarter century of schooling, wow, I so cannot believe this is my last. Until next time, good eats!
Welcome back, everyone! I hope you’ve all enjoyed this first edition of the 2012-2013 Murmur, and if you didn’t, I hope you’ll tell me it’s awesome anyway. I have returned as your editor, and look forward to sharing with you all of the excitement and adventure that comes with being a last year dental student. So far I get the feeling it’s gonna be the kind of stuff that anyone outside of dental school (as well as probably most in dental school) would find pretty boring. I won’t concern myself with this minor detail. For this first editor’s note, I’ve decided to give y'all a little recap of my summer via pictures (since they’re worth a thousand words and all, and this Murmur is a little shorter on words than most). I began the summer with the graduation of my baby sister (hotty loddy)....

From there, I went on a little family vacay. I saw a shark. I then used all my mad dental skills (ha) on a mission trip to Peru... as well as in Jackson. Did I mention I’ve been in clinic all summer? The first of my two roommates got married, and her wedding was super-fly. I hunted shark’s teeth in Frankstown......and ended it up with a visit to the world-famous Buffalo Park in Tupelo, where a few kids had done some pretty unfortunate things to a giant indian statue. Real cool, THS class of 2013. Vandalizers aside - it was a slightly incredible summer, if you ask me, and a great start to my last year of school...EVER. Welcome back, UMMC!

Meet the Editor

Mary Catherine Stone is a D4. She enjoys reminiscing, long summers, and a healthy obsession with planners. Her greatest ambition is to make it 9 months and several days until May 25th, 2013, at which time she is having a party.

Mary Catherine Stone, D4

Currently

Reading: Tim Keller
Listening to: Eisley
Encouraged by: Psalm 73
Practicing: confidence
Wishing: I read more (sorry, Tim Keller)
Remembering: “There are far, far better things ahead than any we leave behind. “ (C.S. Lewis)

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Just right for you

game solutions

1. Their birthplace  
2. Obsession  
3. One thousand  
4. All were invented by women.  
5. Honey  
6. Father's Day

1 8 6 4 9 3 2 7 5
2 7 4 1 8 2 6 3 9
3 1 5 7 6 9 8 2
4 1 2 8 5 9 6 3
5 6 9 2 3 1 4 5 7
6 3 7 9 2 8 5 1 4

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After Kala Harvey of Sledge was hit by a car and fell into a coma, doctors said the brain-injured 18-year-old belonged in a nursing home.

But Alma Harvey wouldn’t give up on her daughter. She put her faith in God and her trust in the nationally recognized brain injury program at Methodist Rehabilitation Center in Jackson.

“I wanted to see Kala be able to take care of herself, and a lot of people told me I was in denial,” she said. “But I knew Kala needed to come to MRC.”

The hospital’s reliance on the latest research breakthroughs and evidence-based therapies helped Kala make an astonishing recovery. Now the determined young woman tutors students at the school where she was once valedictorian and has plans to return to college.

“I want to be a kindergarten teacher because I love children,” she says.