About The Murmur

Welcome to The Murmur, the official student publication of the University of Medical Center! The Murmur is sponsored by the Associated Student Body (ASB), which represents the students of every school at this academic medical center. An issue is printed once per month during the academic year. In this magazine, you will find columns from our ASB officers, updates from our undergraduate, graduate, and professional schools, intramural sports updates, information on events around Jackson, advertisements and offers from area banks and businesses, entertainment pages, and more! We hope The Murmur helps keep current students abreast of current campus news, informs patients and visitors about the education of future healthcare professionals, and provides ideas, products, and services relevant to our readers.

If you would like to contribute to The Murmur, please contact Jennie Thomas, current Editor, at jhthomas@umc.edu. Thank you for reading, and we hope you enjoy our publication!
Welcome back to another year at UMMC! I wanted to take a moment to remind everyone about some exciting events this fall. The Back to School Party is August 16th @ Hal and Mal’s. This year we will have The 17th Floor for entertainment along with plenty of food and drink for everyone. If you have never been to an UMMC party, this will be a great one to try out. Be on the lookout for an email soon about t-shirt sales. Proceeds help support our party fund, so please consider purchasing one.

This fall we will also be having the Halloween Party, College Football Pick’em, MS Symphony Orchestra tickets, and several other events that you will hear more about as they approach. If you have any questions, suggestions, or ideas for ASB events, please don’t hesitate to contact me. Looking forward to this year being the best one yet.

Eric Holland
ASB Vice President
School of Medicine, Class of 2014

Upcoming Events
August 16 – Back to School Party at Hal and Mal’s
Featuring The 17th Floor
November 1 – Halloween Party at Hal and Mal’s
Featuring The Chee Weez
December TBA – Class Ball

One of the Best Banks in America
as ranked by Forbes

Jackson Rhythm and Blues Festival
Mississippi Agricultural and Forestry Museum
Aug. 16 – 17
Six-time Grammy Award Winner Dr. John and the Nite Trippers will headline this 2-day event. Thirty other acts on five stages, along with plenty of food and beverage options, will definitely make this one of the best events of the year. A percentage of the proceeds will go to the MS Blues Commission Blues Musicians Benevolent Fund.

Moon Taxi
Duling Hall
Aug. 23 @ 9 p.m.
This Nashville band is a great show, definitely worth the $15 ticket price ($12 in advance). One write-up states that they “evoke the musical revolution of the sixties and seventies,” which sounds pretty legit.

M-Braves Thirsty Thursday
Trustmark Park
Aug. 1 @ 7 p.m. and Aug. 8 @ 5 p.m.
Baseball + 16 oz. fountain drinks / 16 oz. domestic draft beer for $1.00 each = the most fun you can have in Pearl (other than a blow-out sale at the Bass Pro Shop).

Old Masters to Monet: Three Centuries of French Painting from the Wadsworth Atheneum
Mississippi Museum of Art
March 23 – Sept 8
Old Masters to Monet features fifty masterpieces from the Wadsworth collection including works from Degas, Monet, Pissarro, Renoir, and van Gogh. These outstanding artworks provide a history of French painting, ranging from the 17th century into the beginning of the 20th century.

Wildcard Pick -> Pieces and Strings: Mississippi Cultural Crossroads 25th Annual Quilt Exhibition
Mississippi Museum of Art
Ongoing until Sept. 1
Apparently this is a collection of award-winning quilts. They are guaranteed not only to keep you warm from the cold, but also guaranteed to warm your heart.

By: Eric Holland, M4
ASB Vice President
This Month in History...

04 - Dom Perignon invented champagne (1693).
06 - Convicted murderer John Hart was the first execution by the Electric Chair (1890).
06 - The Japanese bombed Hiroshima during WWII (1945).
16 - The Klondike Gold Rush began (1896).
21 - Hawaii became the 50th state (1959).
25 - Amelia Earhart's famous trans-continental flight was completed (1932).
30 - CBS hosted the premiere of the Late Show with David Letterman (1993).

Famous August Birthdays

Ben Affleck, Halle Berry, Kobe Bryant, Fidel Castro, Julia Child, Bill Clinton, Robert De Niro, Cameron Diaz, Robert De Niro, Bill Clinton, Cameron Diaz, Roger Federer, Mother Theresa, Barack Obama, LeAnn Rimes

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Come pick up your COLLEGE DISCOUNT CARD today!
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GREAT FOR...
- Grabbing a pizza to bring back to the dorm
- Study dates with coffee and a sandwich
- Ice cream treat

Welcome to a new year of intramural sports at UMMC! We have activities going on throughout the school year and would love for you to join us - there is something for everyone! Intramurals are a great way to have fun with your schools and classmates, get involved on campus, and stay healthy, all at the same time. (And if that’s not reason enough, winning intramural sports earns your school points for the infamous School Cup that Brad Deere mentioned in his column earlier in this issue!) Just a few of the sports we offer include dodgeball, flag football, volleyball, basketball, softball, and soccer. Stay tuned throughout the year for news, updates, schedules, and other information regarding intramural sports. And watch your UMC email for even more updates.

Upcoming Events
- Flag Football League - Deadline to sign up is Thursday, August 15th. Games will start Sunday, August 18th.
- Indoor Soccer - Deadline to sign up is Tuesday, August 27. Games will start August 31.

For information regarding intramural sports, please contact our Intramural Chairman, Carson Kisner, at ckisner@umc.edu.

Champion Spotlight

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NEWS FROM THE M2s

As our last summer (ever), it definitely flew by quickly. Here is a quick recap of what the M2s did during their summer break:

- 79 students - Dean’s Summer Observership
- 21 students - Medical Student Research Program (MSRP) Summer Student Research Fellowship
- 9 students - Surgical Scholars Program
- 9 students - Pediatrics Summer Program
- 3 students - American Heart Association Summer Research Program
- 2 students - Jackson Heart Study
- 1 student - Primary Care Leadership Scholarship recipient
- 1 student - summer research program at Mass General Hospital in Boston
- 1 student - The Betty Ford Center Summer Institute for Medical Students

A group of world travelers in our class took mission trips to Antigua, Honduras, Haiti, Nicaragua, Uganda, and Mbabane-Swaziland. Others voyaged from Seattle to New York as well as South America, Europe. A group of M2s went to Destin, FL, for the Mississippi Academy of Family Physicians annual conference. At the meeting, Summer Bailey won $2,500 in a draw down competition, which she donated to her aunt’s breast cancer foundation, 50 Shades of Pink. Also, M2 students participated in the American Academy of Family Physicians conference in August. On a different note, a group of M2s (thanks to Groupon) came together and bonded through the joys of cross fit at Cross Fit 601 South. Also, last but not least, one of our very own brought a little girl into the world this summer. Tracie Fullove is the mother of Taylor Marie Fullove, born on July 1, 2013. Congratulations to Tracie!

That’s all from the M2s. Now it’s study time!

Eden Johnston, M2 Historian

Classroom to Clinic: The M3 Scoop

When I wrote to you last, I mentioned you wouldn’t hear from our class until we are M3s. … and here we are! There is a lot of water under the bridge since you last heard from our M2 (now M3) class, and I’m here to bring things up to speed!

First things first: a 14-story hurdle (arguably as high as the King Edward Hotel downtown) called STEP 1, aka months of studying and 8 hours of test day. Once that was behind us, our class had a Clinician White Coat Ceremony, where we received white lab coats, this time with our names on them. Think back to when all of you began orientation for your specific school – when you walked in to a room full of peers about whom you knew little or nothing (except that you all felt like it was the start of a hike across the Grand Canyon.) Well, that is exactly how we felt two years ago at our first White Coat Ceremony, as incoming freshman medical students. I can remember how standoffish we were and how “stuffy” the air felt. But this time, when they tried to begin the program that evening, no microphone was loud enough to tell us to be quiet, it was like the Gosselin house with kids running around screaming everywhere. We had so much fun that night, talking and laughing with each other, now close friends. Mrs. Jeanette Pullen of the Gold Humanism Society gave us a huge charge for the clinical training we are beginning – no kidding, I looked around, and even males in my class had teary eyes. Thankfully, Dr. Alexandra Brown, Assistant Professor in Pathology and the Evers Society M2 Professor of the Year, was our main speaker, and she came through with some much-needed humor. Check out the pictures below – yes, we look very official. Don’t be fooled.

While you are looking at pictures, check out the ones from Sal and Mookie's. We have an incredible Social Chair, Ashley Sullivan, who started off our M3 year with a bang – well, with pizza and ice cream actually – better choice. That’s right, the whole restaurant to ourselves and our families, thanks to Dr. Clark and Ashley. Eric (McDonald)’s kids were the life of the party. So much fun!

The biggest negative aspect of the M3 year is that our classmates are so MIA, like spread out from Oxford to Gulfport (literally), from Family Medicine to Surgery rotations, and a million others. You might see us at 3PM or you might see us at 3AM. You never know…. But it’s so much fun!

I hope you all come back from the summer months safe, minimally sun-burned (with no skin cancer), and ready for a new year – or basically, too bad if you aren’t because folks, it is here. And, GO!

Jennie Thomas, M3
On July 13, students from the School of Graduate Studies in the Health Sciences hosted a booth at Fitness Fest. The event, sponsored by Children’s Healthcare of Mississippi and held at the Jackson Convention Complex, was geared towards both children and their families. Hundreds of locals showed up to partake in the fun, and those who hosted booths enjoyed entertaining, teaching, and working out with the participants. The overall goal of the day was to promote healthy lifestyles among Mississippians—the four themes were prevention, heart healthy, nutrition, and outdoors. “Burn and Learn” was the name of the activity at the graduate student booth, and children who attended were challenged with both physical and mental exercises. It was a great day of fun, learning, and service to the community. Thanks to everyone who came out!

By: Peter Mittwede, President
School of Graduate Studies in Health Sciences
Every individual dreams of having their own home. The Occupational Therapy Class of 2015 recently assisted in a series of home projects with Habitat for Humanity to make those dreams a reality. Being a part of the building process is amazing. Seeing the joy on the family’s face as they watch dirt and concrete transform into their home is a sight worth seeing!

Recognizing that a home is an important environment for every individual to be able to care for themselves, be creative, and have peace, we see the importance of being a part of such a great community effort. What makes it all the more meaningful is being able to come together across classes to work together with our entire OT Family to help individuals live life to the fullest in a new home!

Women Build 2013
The OT women of the Class of 2015 & Class of 2016 joined together with the women of Jackson during the month of June to build several homes in the Jackson area.

Healthcare Build 2013
The OT Class of 2015, along with the Class of 2014 joined various healthcare teams within Jackson to build a home for a Jackson family.
Hate taking the time to pick out a recipe? The process of picking out a recipe takes can be quick or long, and the hardest part is not knowing whether or not the “prep time” is for a beginner like me or someone that has been cooking for twenty years. Also, I have decided to share recipes that I have recently used and are exactly how I like it—with a short prep time and mostly ingredients that are already in my refrigerator! Here is a recipe that is quick and easy (I promise, I have done it!) and perfect for the upcoming football season as a side with hamburgers.

**Mama’s Baked Beans**

**Serves up to 10**
**Prep time: max 30 minutes**
**Cook time: 1 hour**

**Ingredients:**
- 2 large cans baked beans, different flavors such as Maple and Original
- Yellow mustard, 1 T
- Ketchup 1 T
- Syrup, 1 T — if no syrup is available, add brown sugar and/or honey
- Worcestershire sauce, 2 -3 sprinkles
- BBQ sauce, 1/2 cup
- Half small onion, chopped
- Third to half green onion, chopped
- 2 -3 strips bacon chopped – if bacon is not desirable, leave it out because it tastes just as good!
- Green pepper — chopped

**Instructions:**
Mix all ingredients into medium size pot (one that can fit in the oven). Bake at 350 degrees about an hour or until bubbly. It took mine an hour and 30 minutes. Watch it because your oven might make the baking time shorter or longer.

And wah lah! Easy as that.

**What do you do with all the leftover ingredients?** Store the sauces in the refrigerator for later meals. Add the leftover chopped vegetables and bacon to an omelet for a fabulous quick breakfast the next day.

Tune in next time for another recipe!

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**Eden Johnston, M2**

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**THE DISH**

**Ratatouille**

**Ratatouille is one of my favorite summer dishes of all time. It's a well-known Italian dish that essentially consists of cooked veggies. It's normally used as a side, but with a little help from one of my favorite bloggers, I managed to make this into a quick and easy weeknight meal. As long as you plan ahead, it really doesn't require too much time or effort. It essentially takes 50-45 minutes to prepare everything, and 45-55 minutes to cook. When it's cooking, though, you can study, clean your house, watch TV, or do whatever your heart desires. :) If you love vegetables and you get a chance to make this one day, I promise you won't be sorry.**

**Ingredients:**
- 1 lb. of ground beef
- 1/2 onion, finely chopped
- 3 garlic cloves, very thinly sliced
- 1 can of tomato sauce
- Olive oil
- 1 large tomato
- 1 large eggplant
- 1-2 zucchinis, depending upon the size
- 1-2 yellow squash, depending upon the size
- 1 red, yellow, or orange bell pepper (you can also use green if you want)
- Salt and pepper
- Fresh or dry basil, thyme, and oregano
- Few tablespoons of soft goat cheese, for serving
- Couscous (preferably garlic couscous. It’s DIVINE!)

**Instructions:**
Heat a tablespoon or two of olive oil in a pan. Once the olive oil is hot, sauté the chopped onion and garlic until the onion becomes slightly translucent. You can then add the ground beef to the pot and continue cooking everything until the red color dissipates from the meat. When the meat is ready, add a can of tomato sauce along with some basil, thyme, oregano, salt, and pepper, and allow the mixture to simmer for approximately 10 minutes so that all the flavors can come together.

While the sauce is simmering, go ahead and slice all the vegetables into thin slices. They don’t have to be paper thin, but they should be thin enough so that they can easily cook while they’re in the oven.

Once all the prep work is done, preheat the oven to 375 degrees F.

After the sauce has simmered and the vegetables are cut, the dish is ready to be assembled. Pour the meat mixture into a casserole dish, put a single layer of sliced tomatoes on top of the meat mixture (these need to be flat, not layered), and then arrange the slices of vegetables concentrically from the outer edge to the inside of the baking dish, overlapping them just a bit. Once everything is assembled, drizzle a bit of olive oil over the vegetables and season them generously with salt, pepper, and thyme.

Cover the dish with a piece of aluminum foil, and bake for approximately 45 to 55 minutes. You’ll know when it’s ready because the vegetables have released their liquid and become tender while still retaining some structure. If you wait until they turn brown then you’ve overcooked them.

Finally, when it’s all said and done, spoon the ratatouille over a bed of couscous and top it all off with a dollop of goat cheese. You won’t be sorry. :)

I think that sums it up. I hope you all enjoy this dish as much as I do! Please don’t hesitate to e-mail me with any questions or suggestions.

Happy August everyone! :)
An Editor’s Note… That sounds pretty important. Like, here is that mysterious person who makes this publication, gets it printed, and comes like a thief in the night and fills all the racks throughout the hospital.

I’m not that good. I hate to break it to you. It’s kind of hard when you follow in the footsteps of someone like (Dr.) Mary Catherine Stone. But, she did try her best to push me along this path to greatness when we took a much-needed rendezvous to Gatlinburg this summer. (Pictures below!) And folks, here is my attempt at greatness.

I’ve learned a lot this summer, I mean, other than medicine. No, no, actually, The Lord has taught me a lot this summer. (Pictures below!) And folks, here is my attempt at greatness.

To start, consider this:

Then Jesus said to his disciples: ‘Therefore, I tell you, do not worry. To start, consider this:

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To start, consider this:

"Then Jesus said to his disciples: 'Therefore, I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. Life is more than food, and the body more than clothes. Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! Who of you by worrying can add a single hour to his life? Since you cannot do this very little thing, why do you worry about the rest?""

Luke 12:22-26

(Guilty x 17,000.)

"Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you."

1 Peter 5:6-7

So, some big things I have learned this summer:

1) Don’t look to the future and aim for times when things will be perfectly smooth-sailing.
2) Don’t be anxious about how those things will unfold.
3) Rather trust in an Almighty God who has things planned out perfectly. Yes, perfectly.

What has the summer been like for you? Vacations, work, school? What about personally – major challenges, or fun around every corner? Share your experiences with us – we would love to read about them!

See, here is what the Lord has convicted me of lately. I tend to look at life in anticipation of that coming particular point in time where “things will be easier” or “more normal.” Like this: during my first year of medical school, I couldn’t WAIT for May and the summer. M2 year came, and I couldn’t WAIT for STEP 1 to be finished, I couldn’t WAIT for the clinical years. Now, I can’t WAIT for life to be “normal,” i.e., I’m practicing physician, thinking that at that time, I can have “XYZ…” But guess what, life may never be “normal” or “easy.” And the Lord has been at work showing me that, and He does it by throwing curveballs, fastballs, and even some knuckleballs. I think, I get anxious about “when will ever…” Just when I think I’m nearing a place of “normalcy,” something else arises, and I don’t feel “ready.” Friends, there is never a perfect time for anything. There is never a time when things are 100% calm, “normal,” and smooth-sailing (unless you are in Tahiti.) You are never 100% ready to move on in school, graduate, buy a house, get married, have kids. But just like John Lennon said, life is happening in the meantime. While I am trying to hurry life ahead to reach these set points and I’m reaching into the future and making plans, life is happening around me right now. And the Lord says, “Don’t worry about your life…” And He says, “…that he may lift you up in due time.”

"And here from John Lennon: “Life is what happens when you are busy making other plans.”

Editor’s Picks

Watching TV at all is kind of a joke for me. That requires free time, a degree of boredom, or a chance to completely relax.

But, Kevin and I did watch Safe Haven recently. I COMPLETELY recommend it. In my opinion, it appeals to both masculine and feminine sides – it has enough romance for the female, but it’s not over-the-top. And it has an element of scariness and some “shoot-em-up” action that males appreciate.

Oh, and one day, we’ll finish the LOST series. We’re on Season 4 now. I’m under the impression the group is near rescue by some outsiders from Naomi’s phone, but… something tells me I’m sadly mistaken.

WORTH THE DAY TRIP...

Blue Bayou Water Park is Baton Rouge, LA! Check out the pictures at the bottom. At least 10 major water slides, plus a theme park, all for the same admissions price of $36.99 (less $5 if you take a Coca-Cola products can.) But hurry up, they have limited hours until Labor Day, and then they are closed until next summer!

LISTENING TO...

LOVES: Safe and Sound by Capital Cities

LEAVE IT: Blurred Lines by Robin Thicke

IN THE KITCHEN...

I LOVE to cook - I really do. But with school the way it has been lately, not too much of that has been taking place.

My latest cravings are Yogurt Delight Smoothies from Smoothie King. Get them Skinny and with strawberry as the fruit. AMAZ-ing.

Editor of The Murmur

Jennie Thomas, M3

All my best,
Jennie Thomas, M3
Editor of The Murmur
When severe dizziness threatened her go-getter lifestyle, 83-year-old Odessa Whitehead of Ridgeland thought: “I can’t live the rest of my life like this.”

She had great-grandkids to babysit, a yard to keep and plenty of plans to “get out and do.”

So she’s grateful that her doctor recommended a balance disorder specialist at Methodist Outpatient Rehabilitation in Flowood.

Whitehead said her treatment for the vertigo—a series of head maneuvers that reposition misplaced calcium crystals in the inner ear—was surprisingly simple and effective.

“It sounded like a lot of hocus pocus, and I came in really skeptical,” Whitehead said. “But you know what, I got better.”