As you commit the next four years or more to gain the knowledge to be a well-rounded, compassionate and ethical physician, we at Trustmark commit to offer you superior service through a relationship manager who is knowledgeable and accessible, customer service that is unparalleled and products and services tailored to fit your individual needs. As one of the South’s oldest and strongest financial institutions, we are a partner you can trust.

With today’s mortgage rates at an all-time low, there’s never been a better time to act.

Mortgage rates continue to pace at all-time low levels! That means it’s the perfect time for you to get a great deal and make home ownership less stressful. Since these low rates might not stay low for much longer than a heartbeat, call or contact your local Community Bank mortgage officer today to find out details.

At Community Bank, we know you need someone you can trust to guide you through the process of buying a home. That’s why we’re here to run the numbers and help turn hopes into homes.
Therapeutic horseback riding is a recreational activity practiced by trained, certified riding instructors and certified by the Professional Association of Therapeutic Horsemanship International (PATH). Therapeutic horseback riding can have profound physical and emotional benefits to a rider. The movement of the horse provides sensory stimulation to the body and brain of the rider that affects a variety of muscle groups. Benefits include improving muscle tone, balance, posture, gross and fine motor skills, improving self-esteem, social skills, and attentiveness, and channeling aggressive or hyperactive behaviors into a constructive activity.

The therapeutic horseback riding program at High Hopes Farm in Madison, Mississippi is PATH accredited and serves a diverse array of clients with special needs such as genetic conditions, seizure disorders, autism spectrum disorders, cerebral palsy, and developmental delay.

The program at High Hopes Farm is completely facilitated by volunteers. Volunteers are ALWAYS needed for a variety of roles such as: leading horses during lessons, sidewalk with riders during lessons, grooming/tacking/general horse care, barn chores, fundraising, public relations/marketing, and office help. No experience is required, and training sessions are offered regularly. Volunteers must be 14 years old to participate. Therapeutic lessons are held every Saturday morning from 8:00 to 12:00 AM.

If you are interested in volunteering, or know someone who would benefit from therapeutic horseback riding, please contact Laura Hendon at laura@highhopesfarm.co.

Address: 196 West Sowell Road Madison, MS 39110

Other opportunities: Don’t forget to volunteer for the Jackson Community Center.

Sept 7-9 Celtic Fest Mississippi - Mississippi Agriculture and Forestry Museum
While my favorite part of Celtic history was their expansion onto the Anatolian peninsula in 275 B.C., the CelticFest is sure to focus on more traditional Celtic territories such as Wales, Scotland, and Ireland. There will be plenty of music, art, children’s activities, and food.

Sept 8 @ 7:00pm Magnolia Roller Vixens Roller Derby - Jackson Convention Complex
You’re sure to bump into local politicians and classy members of the Jackson Junior League if you partake in this night of artistic expression. The Roller Vixens take on the Acadiana RollerGirls. Tickets are $12 in advance, $15 at the door.

Sept 11-23 The Foreigner - New Stage Theatre
This play won two Obie’s which, frankly, says enough.

Sept 11 @ 12:00pm The Emancipation Proclamation, Lincoln, Grant, and Mississippi Old Capitol Museum
Dr. Edna Greene Medford from Howard University celebrates the anniversary of the Emancipation Proclamation as she always does: in style. Her lecture will be followed by a panel discussion and a light reception.

Sept 11 @ 7:30pm Elton John - Mississippi Coliseum
He’s a rocket man.

Sept 15-16 Magnolia Classic AKC Dog Show - Mississippi State Fairgrounds
It’s too late to whip out your registered Pulis in time for this year’s competition, but you can always look at everyone else’s Pulis.

Sept 16 Carousel Day - Jackson Zoo
Half prices all day. Ride a catfish.

Sept 21 @ 6:00pm Symphony at Sunset - The Cedars
The Fondren Renaissance Foundation hosts an evening of music from the Mississippi Symphony Orchestra for free. Bring blankets, lawn chairs, and picnic baskets. It’ll be just like when Kurt Nelson, your ASPB treasurer, proposed to his wife. But only if you forget the blankets.

Sept 21 @ 7:30pm Ruben Studdard and Friends - Thalia Mara Hall
Tickets start at $29. With each purchase you double Ruben Studdard’s total sales from his first album. Be sure to wear your favorite Clay Aiken shirt.

Surely by now you’ve noticed the construction that is going on in front of the School of Nursing. Many of you know that this thing blocking your way everyday is going to be the new Cardiovascular Center and will enhance the level of care provided at UMMC. You may not know, however, that there are several other projects beginning on campus including a School of Medicine building, a new parking garage, a Children’s Heart Center, and a new research building. If you enter campus from Lake Drive, you may have even noticed that they are beginning to work on the new entrance to campus.

Now many of you may be thinking, “Awesome, a new parking garage! Now I won’t have to walk!” Unfortunately, that won’t be the case. If anything parking will get worse for a while. Faculty parking will be displaced because the School of Medicine building will take up parking spaces, and the parking garage won’t be built in time to replace what was lost. That means that some faculty, much to their chagrin, will be parking in the JSU parking and competing with the students for spaces. There’s no need to worry right now though. Most of these projects are months or even years away and many of you will have already graduated by the time they are completed.

There are many other exciting things happening on campus including the opening of the new cafeteria, the overhaul of UMMC’s website, as well as the continuing adjustments to EPIC that we are constantly reminded about by email. The process of implementing these changes will be painful at first, but they will be worth it in the end. Please let us know if there is anything we can do to help or if any serious problems need to be addressed.

Visit the ASPB website at http://asb.umc.edu for information on upcoming parties, volunteer opportunities, and leadership positions.

Jake Lancaster
ASB President
SCM Class of 2013
Murmuration.

Google it! Quickly you’ll realize that a search of the net is dominated by a single video. And, if you’re lucky enough to watch that video you’ll see why. It’s strangely, almost unnervingly beautiful. Now I’m no ornithologist, and I must confess upfront that I’m actually not all that into birds in general … but this is different. The film itself is a two-minute, low-budget piece shot by two Scottish women out on what looks to be a cold Kayaking trip in 2011. That in and of itself isn’t terrible exciting. Certainly not a blockbuster. But, where the magic happened was the chance capture of one of the most exciting natural phenomenon around. Thousands of Starlings (those little black birds so well-known to all med students who listened to Goljan and his accusations about their droppings being the vector for Histoplasmosis) fly en-masse at upwards of 20mph in complex and bewildering arrangements akin to schooling fish. Of course the video “went viral” – a phrase that itself seems to have “gone viral” these days! And, of course, there have been more analyses of the scientific and philosophical implications of a Murmuration than I care to count. But, to my knowledge, no one has analyzed the allegorical relationship of “schooling” birds to “schooling” students. So, let’s do! In a piece from Wired Magazine, Brandon Keim muses that a Murmuration is, “ Best described with equations of ‘critical transitions’ — systems that are poised to tip, to be almost instantly and completely transformed, like metals becoming magnetized or liquid turning to gas.” And how fantastic of a description that is, and how seemingly tailored for our purposes. As you fly fast into whatever it is you’ve chosen — med, dental, nursing, PT/OT — imagine yourself the lone Starling. Search by your lonesome all day for nourishment; and realize that it’s tough. When night begins to fall (and test week arises) join with each other for safety as the peregrines and hawks begin to hunt. Your group must be fast-evolving. Know that it’s dangerous to fly on the outside; and that when you do, any turn may place you unexpectedly in harm’s way. But with each turn, witness the incredible beauty of how you and the Murmuration have been instantly and completely transformed.

By Chris Clark, M4

Recipe for Drew Hayslett’s Famous White Sangria:

1 bottle of Riesling, Moscato, or Viognier white wine
1 cup St. Germain elderflower liqueur
2 ripe peaches, peeled and sliced
1/2 cup blackberries
~1/2 cup blackberries
2 plums, sliced
1 cup diced pineapple
Several sprigs of fresh mint
~3 cups club soda
Honey to taste

Mix wine, St. Germain, fruit, and mint together in a big pitcher. Stir, and put it in the fridge for an hour or so (up to overnight). Taste, and add honey, a little at a time until it tastes great. Add the club soda and stir right before serving over ice.

By Savannah Duckworth, M3
Only a few short months ago the second year occupational therapy class at UMMC was contacted regarding the need for volunteers at New Life Children’s Home, an orphanage in Port Au Prince, Haiti. OT students were contacted specifically because approximately 20 of the 130 children living at the orphanage have special needs and are in dire need of therapy services. Ten students, as well as one faculty member chose to make the trip to Port Au Prince during their one week of summer break, August 5th-11th. Although the students were called for a specific purpose, the trip was viewed primarily as a mission trip; therefore, the goal became to meet the needs of these children both spiritually and physically. Over the course of the week, the group worked with the special needs children on positioning and feeding and provided wheelchair modifications, splints, communication aides, massage, and stretching. Throughout the trip, they developed relationships with the other children at New Life too and also visited and took food to other orphanages in the area. Upon leaving, many of the group members made the decision to sponsor some of the children for the upcoming year in order to maintain their new found relationships. The group included Casey Stevens, Parker Gregory, Omari Pittman, Courtney Shankle, Kayla Adair, Kelsi Knight, Katie Fondren, Kristin Geeslin, Mollie Nelson, Kelly Sterling, and Carol Tubbs. They hope to return soon. For more information contact Newlife4kids.org.

“Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these.”

-Matthew 19:14
Hello, my name is Erin, and I am a non-recovering musicaholic. It started innocently, as these things often do. But it wasn’t long before I was using every day. Suddenly, it wasn’t just the radio anymore. I was getting my music from everywhere: tv, movies, magazines, blogs, and podcasts. I was spending hours in search of my next album. My obsession was out of control.

Of course, by was I mean is— that’s the non-recovering part. Sure, being a second year medical student here at UMC has slowed me down a bit, but I seem to be as addicted as ever. If I’m not studying, I’m listening. Without a doubt, music is my favorite thing.

Coming in a close second, my other favorite thing is sharing music (I know, not much of a stretch). There exists no greater satisfaction for me than to hear that someone has been enjoying an album that I recommended. Well, I figured I’ve got some time now that’s my down a bit, but I seem to be as addicted as ever. If I’m not studying, I’m listening. Without a doubt, music is my favorite thing.

Since this is my first article (and for most of you reading this, your first glimpse at my music taste), I’m going to subject myself to the ultimate music judgment test: shuffling my iPod. Those of you who have haven’t cleaned out your iTunes in a while know what it’s like when you’re shuffling along and all of a sudden Mandy Moore comes on—people judge. So without further ado, here is this month’s playlist:

### SEPTEMBER: Oldies and Goodies

1. **The General Specific – Band of Horses**
   - Such a great song off one of the older albums (Cease To Begin). These guys have been on my bucket list of concerts to see for a really long time, and I finally get to see them at the Deluna Music Festival north in Pensacola, Florida.

2. **Flightless Bird, American Mouth – Iron and Wine**
   - Sam Beam (Iron and Wine) is one of my all-time favorite songwriters. He does a great NPR Tiny Desk Series that you can download as a podcast. His last record (Kiss Each Other Clean) was one of the best reviewed albums of last year.

3. **Towers – Bon Iver**
   - If you ever have a chance to see Bon Iver live, do it. I saw him twice this year at different festivals, and it was absolutely mind blowing. It was amazing to see such musical complexity translated into a live performance. Justin Vernon is brilliant, end of story.

4. **Million Dollar Bill – Middle Brother**
   - Middle Brother is composed of three guys from three different but equally as awesome bands: Deer Tick, Delta Spirit, and Dawes. I love a good collaboration, and for the indie Americana folk scene, this is a dream team.

5. **Itchin’ On A Photograph – Grouplove**
   - You may have heard Grouplove’s song “Tongue-Tied” on a commercial recently. I didn’t realize that I had heard it until I saw them play it earlier this year, and I was hooked. This group brings so much energy to each and every song they play, and it definitely comes through in their recordings. If you’re looking for a fun album, check this one out.

6. **GO! (feat. Karen O) – Santigold**
   - Santigold first came to my attention when I heard “Creator” on an episode of So You Think You Can Dance. She is experimental and in-your-face, and it is infectious. Her latest album is less edgy than her previous effort, which was a little disappointing for me. However, she is as catchy as ever, and always a great live show.

7. **Only Love – Ben Howard**
   - As an acoustic guitar player, I am a sucker for singer-songwriters, and Ben Howard is one of my new favorites (right up there with Sam Beam and Josh Ritter). “Only Love” was a song I played on repeat this summer, especially on sunny days that warranted a windows-down road trip.

8. **That’s What’s Up – Edward Sharpe and the Magnetic Zeros**
   - I’ve never seen a band that loves doing what they’re doing quite as much as Alexander and his dirty band of Salvation Army soldiers (Edward Sharpe and the Magnetic Zeros). Their music just makes me smile, and the album they released earlier this year is no exception. This band is a true dream team.

9. **Trembling Hands – The Temper Trap**
   - If you haven’t heard of The Temper Trap, I highly recommend their last album. I’m sure you’ll recognize a few of their songs from tv and movies lately. “Trembling Hands” is a song off the new record that reminds why I fell in love in the first place: epic arrangements, catchy hooks, and tons of passion.

10. **Angels – The XX**
    - I love The XX because their music is ridiculously simple. When I listened to their debut record, it was like seeing a painting in a museum and thinking about both frustration and due-respect, “I could do that. I didn’t, but I could.”

(Cont’d...)
Oldies and Goodies (cont’d…)

11. Beiselpack – Purity Ring
This song and this band are a bit out there. If your musical taste is more traditional, skip this one. The duo’s sound is hard to describe. On its own, the female lead singer’s voice is probably not terribly impressive, but with her partner’s electronic mixing and manipulation, the result is haunting—so haunting that you probably won’t be able to get it out of your head. (In a good way.)

12. Lost In My Mind – The Head and the Heart
The Head and the Heart is one of my favorite bands, hands down. I really can’t tell you how many times I’ve listened to their self-titled debut album. It is the kind of music that begs you to sing along.

13. Ogallala – Frontier Ruckus
I have a soft spot for bluegrass music. If you’re like me and enjoy a good banjo and some old country twang, then check out this song by Frontier Ruckus. If you like what you hear, be sure to catch their show at Hal and Mal’s (OCT. 24).

14. Death of a Decade – Ha Tonka
Here is another band that will be stopping by Hal and Mal’s in Jackson (SEPT. 13). Personally, I am really excited to see them since I’ve had Death of a Decade playing in my car all summer.

15. Blue Rose Stroll – The Dirty Guv’nahs
We had to end on a fun one, and it doesn’t get much more fun than The Dirty Guv’nahs. First of all, the name. Right? Plus, their music rocks. They are getting buzz on the festival and touring circuit for their high energy performances (think the Alabama Shakes without Brittany, but still good—see them SEPT 7 at Hal and Mal’s).

SEPTEMBER Album Review:

POLIÇA – Give You The Ghost
My goal in this article is to introduce you to good music that you may not hear anywhere else. That being said, I don’t know how far down this obscure music rabbit hole you’re willing to go with me. Even if it’s not your style, give it a try. In other words, let’s get weird. This is an electronic pop album laced with driving percussion and centered on a stunning—albeit very auto-tuned—female lead vocalist. The music explores the use of auto-tuning as an instrument overlaid on minor-keyed melodies, and it actually sounds good. Trust me, I was surprised, too.

SEPTEMBER See It Live:

Tuesday, September 4th - Ben Nichols of Lucero with MyNameIsJohnMichael @ Duling Hall
Duling Hall, September 6th – Big Smo with the Bailey Brothers @ Hal & Mal’s
Friday, September 7th – The Dirty Guv’nahs @ Duling Hall
Monday, September 10th – Snarky Puppy with Funky Knuckles @ Duling Hall
Wednesday, September 12th – Theresa Andersson with Marlowe & the Sea @ Hal & Mal’s
Thursday, September 13th – Ha Ha Tonka @ Hal & Mal’s
Wednesday, September 19th – Dialogue with Gena Hall Stringer @ Duling Hall
Wednesday, September 19th – Seryn @ Hal & Mal’s
Thursday, September 20th – Set the Controls @ Duling Hall
Friday, September 21st – An Evening with Caroline Herring @ Duling Hall
Sunday, September 23rd – An Evening with Chris Robinson Brotherhood @ Duling Hall
Wednesday, September 26th – Cherub with Mansions on the Moon @ Hal & Mal’s
Thursday, September 27th – An Evening with the Jimmy Herring Band @ Duling Hall
Sunday, September 30th – Brian Fuente with Lisa Palmer @ Underground 119

SEPTEMBER Playlist:

All of the music I’ve discussed in this article has been made available via Spotify. Find me on Facebook to get access to the playlist, and please give me any feedback you may have!

Thanks for reading! I hope I inspired a few people to check out some new music. I look forward to sharing more with you in the future. If you’d like to contact me you can add me on Facebook or shoot me an email at ewiggers@umc.edu

On July 19-22, 2012, six UMC Student National Dental Association members attended the 40th Annual Student National Dental Association’s National Convention in Boca Raton, FL. This was the first joint convention which was composed of the National Dental Association, Student National Dental Association, Hispanic Dental Association, Hispanic Student Dental Association, and the Society of American Indian Dentists. The convention was filled with a welcoming ceremony, continuing education courses, exhibitors, and galas; not to mention the beautiful resort and beach.

UMC’s SNDA chapter was very active in the convention. They competed in two competitions where they won first place in the scrapbook competition and 2nd place in the chapter of the year competition. Three hundred dollars was their award for the scrapbook competition. Also, the chapter’s former Vice President, David Carter, was elected as the national President-Elect for the 2012-2013 school year and he will serve as the Student National Dental Association’s President during the 2013-2014 school year.

These conventions always include networking, camaraderie, and education which is important when molding a well rounded, successful dentist. UMC’s SNDA chapter would like to thank the School of Dentistry, Multicultural Affairs, and the many sponsors that supported the participating chapter members.

David Carter presenting his speech for the President-Elect position

(Right) SNDA Gala
From left to right: Adriane White and Kefei Duan (D3 students)
It was Sunday morning in July, and we were in a classroom with people of a vastly different background. While we grew up in suburban houses with modern conveniences, the young adults we were befriending grew up in a mountainous village in South America. They had beautiful, ruddy faces from the harsh mountain air, and their shyness at the strangers in their Sunday school class spoke to the humility and respectful manner characteristic of their people. Even with the obvious language and cultural barriers, similarities were found, and laughter was shared, and we felt connected somehow to this remote area of the world.

Then, the work began.

For years now, First Presbyterian Church has been putting together a team of dentists, doctors, nurses, and anyone else who is willing to join Mission Peru in its service in Cajamarca. Over the years, the team has blossomed into a jam-packed and thriving dental clinic, medical clinic, and VBS team, each with their own gifts, and each with a range of ages and personalities that could only be placed together by the common desire to serve. This year, UMMC had representatives from med school, nursing school, dental school, and pharmacy school who took 10 days out of their summer to love and share the Gospel with Peru. It wasn’t exactly a vacation, but the effects rippling out from our time there, however small, were worth every second.
Well, the new school year has started.....and started off FAST! It is hard to believe that at the time of writing this, the M2s have already been back in classes for 2 weeks. We were really glad to see all of our classmates and catch up about our summers, but it seems like we are feeling the need to get back to the grind now! Our first tests are during the 6th week, so we have a lot of ground to cover between now and then.

Not to worry, we have already mixed in some fun with our schoolwork! The Back-to-School party at Hal and Mals was a great end to our first week of classes. Then, the annual M1/M2 Buddy Party was last Tuesday at Duling Hall. (Of course, this year’s party was better than any before--our Social Chair Justin Jones is a pro.) Check out these pictures. This was the day of the M1s first tests, so we tried to show them well how important it is to take time for fun in medical school!

Also, the Class of 2015 is hosting it’s first Ready, Set, Glow 5K on Saturday, August 25, starting and ending at the Student Union. It is sure to be lots of fun! Dr. Clark has even agreed to give prizes to the first place male and female from the SOM. A lot of preparation has gone into planning and executing the race. Three of the people who have spearheaded the tasks and worked especially hard for our class are Kelly Doremus, Billy Jefferson, and Zach Pippin. A BIG thank you to them, and MANY others! We also have a number of great donors and sponsors from the Jackson area. Stay tuned to next month’s Murmur for more updates, thanks, results, and pictures from the race....

Until then, get ready for September-football season, (hopefully) cooler weather, and lots of class and studying!

Jennie Thomas, M2
One month down, and only nine more to go in the most incredible school year we have ever had! Sometimes I like to talk in extremes. But I sincerely hope everything is going well for all you hard-working students. I hear the MS’s have their test block coming up—let’s all look for their pale faces, weary from exhaustion and malnutrition, and give them some encouragement! They only look like drug users, guys. Don’t be scared.

These past few weeks have been one of transition for me, which I must tell you, I do not handle well. When things change, I tend to cry a lot. Numerous irrational thoughts cloud my judgment. I may or may not find myself lying on my floor and staring into space for indefinite amounts of time. I used to think I was the adventurous type, but I suppose I’ve grown weak in my old age. Even when I started dental school, I thought that when I graduated I would take off to exciting locations. Exotic. Like North Carolina or somewhere. But now the time is approaching, and I find myself committing to a job in good ole Morton, MS, home of some fantastic-smelling chicken plants—and I tell you, I could not be more excited about it. The thought of picking up and moving somewhere completely different may seem exciting and adventurous for about two seconds, but then I just get exhausted thinking about it. The only thing I want out of life right now is to feel established in one place, a sense of commitment—to invest where I already am. What is happening to me? Am I becoming one of those boring grown-ups I always swore I’d never be?!

Maybe I am. And I think it’s because life has taught me that I tend to cry a lot. Numerous irrational thoughts cloud my judgment. I may or may not find myself lying on my floor and staring into space for indefinite amounts of time. I used to think I was the adventurous type, but I suppose I’ve grown weak in my old age. Even when I started dental school, I thought that when I graduated I would take off to exciting locations. Exotic. Like North Carolina or somewhere. But now the time is approaching, and I find myself committing to a job in good ole Morton, MS, home of some fantastic-smelling chicken plants—and I tell you, I could not be more excited about it. The thought of picking up and moving somewhere completely different may seem exciting and adventurous for about two seconds, but then I just get exhausted thinking about it. The only thing I want out of life right now is to feel established in one place, a sense of commitment—to invest where I already am. What is happening to me? Am I becoming one of those boring grown-ups I always swore I’d never be?!

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As she worked to overcome paralysis caused by a stroke, Mary Ann Gallé of Brandon thought her art career was over.

Then a Methodist Rehabilitation Center therapist put a paint brush in Gallé’s hand and showed the creative spirit she could still express herself. “And I felt like I had become alive again,” she says.

Grateful to be back at her easel, Gallé donated 17 of her paintings to help raise funds for the Jackson hospital’s Wilson Research Foundation. It’s her way of supporting Methodist’s mission to bring the latest in evidence-based medicine and therapeutic care to stroke survivors.

“As I watched them work with me and other stroke victims, I found it fascinating,” she said. “I was right in the middle of a place that was doing research and also helping in the healing and recovery process. Donating the paintings was the only way I knew to give back.”

Now I can... be an artist again