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NEW THIS ISSUE:

- Classifieds (p. 7)
- Student Spotlight (pp. 11-12)
Welcome to the September edition of The Murmur! You’re most likely procrastinating right now. But that’s okay; I believe The Murmur serves as a guilt-free mechanism of procrastination. We are all in professional school, which means we can now professionally procrastinate. Right? At least you’re reading and not watching Miley Cyrus clips from the VMAs (this joke will hopefully not be relevant by time of print). Moving along…

Last month, we talked about the function of and services provided by the ASB. Now, let’s talk about who we are. The ASB leadership consists of the number of representative positions per school is based on the total number of students enrolled in each respective school. ASB Representatives consist of students elected from within their respective school. The number of representative positions per school is based on the total number of students enrolled in each respective school.

• GSB (Graduate Student Body): four reps – president, VP, secretary/treasurer, and philanthropy coordinator.
• SON: six reps – president, VP, secretary, treasurer, senior president, and junior president.
• SOP: five reps – PY4 president, VP, PY3 president, secretary/treasurer, and conduct council representative.
• SOM: eight reps – president and VP of each class (M1 through M4).
• SHRP: nine reps – president, VP, secretary, treasurer, and five other representatives.
• Radiology technician program – one representative.

Visit the ASB website to see who is currently serving as an ASB member. Which reminds me – check out the newly developed Student Directory.

•

To access, log in to myu.umc.edu > click on the “Directories” tab located along the top menu row > select “Student Directory” in the left menu.

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By: Brad Deere, ASB President

The Jackson Insider

C Spire Concert Series – Darius Rucker
C Spire Green Space, Ridgeland
Sept 1 @ 6 p.m.

Hootie from Hootie & The Blowfish will be playing a special Labor Day weekend concert at the Renaissance in Ridgeland. Tickets for the concert are $50 for general admission.

Fondren After 5
Fondren
Sept 5 @ 5 p.m. to 8 p.m.

This monthly event showcases local shops, galleries, and restaurants of the neighborhood of Fondren. There is also a 2 mile fondRUN that starts at 6 pm at Walker’s Drive-In. You get a free beer for your efforts. Come check it out.

50 Paintings in 50 Hours: Old Masters to Monet Final Weekend
Mississippi Museum of Art
Sept 6 – Sept 8

The Museum will remain open for 50 straight hours to commemorate the final weekend of the exhibition Old Masters to Monet: Three Centuries of French Painting from the Wadsworth Athenaeum. Various activities will be planned during the last 50 hours of the exhibition, including late night movies and musical performers.

22nd CelticFest Mississippi
Mississippi Agriculture and Forestry Museum
Sept 6 – Sept 8

Time to dust off your kilt. This annual event will celebrate the music, dancing, and culture of Celtic nations. Some of the top Irish musicians will be headlining the festival this year. During the festival, men and women will also compete in Highland games, like the caber toss and Braemar stone throw, which sound pretty darn entertaining.

Sherlock Homes and the Adventure of the Suicide Club
New Stage Theatre
Sept 10 – 22

New Stage Theatre presents Sherlock Homes and the Adventure of the Suicide Club, a thrilling comic mystery based in the heart of London. Behind the impressive facade of a windowless house, some of Europe’s most powerful men gather to play a game. This beguiling new thriller brings Holmes and Watson fully alive on our stage with a tale of endless mystery, clever twists, and chilling discoveries. Your ASB will be giving out free tickets to the Sept 19th performance so be on the lookout for more information.

Bravo! Mendelssohn’s Violin Concerto
Thalia Mara Hall
Sept 14 @ 7:30 p.m.

The Mississippi Symphony Orchestra’s performance will feature violinist Stefan Jackiw. He’ll open the 13-14 Bravo Series with Mendelssohn’s playful and brilliant Violin Concerto. The evening begins with Michael Torke’s sparkling Bright Blue Music. Music of Hindemith rounds out the festive opening night.

Tickets $20 and up • msorchestra.com or 601.960.1565

The Black Crowes
Thalia Mara Hall
Sept 25 @ 8 p.m.

The Black Crowes have sold over 35 million albums and are known as one of rock’s best live acts. They’re currently touring the U.S. on their “Lay Down With Number 13” tour, their first tour since recently ending a two-year hiatus. Cost: $40- $60.

By: Eric Holland, M4
ASB Back-to-School Party
August 16, 2013

Featuring: The 17th Floor
Hal and Mal's
MARK YOUR CALENDARS!

September 2013

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CLASSIFIEDS

HOME FURNISHINGS
9x12 contemporary rug, multicolored squares, great condition. Contact nsharrison@umc.edu.

WANT TO SELL WITH US?
Homes for sale, rent, or lease. Home furnishings. Books. If it fits these categories, send your information to jhthomas@umc.edu by September 24 to make it in the October issue. Free for students, small fee for our other readers.

Intramurals Inbox

Current News:
- First-ever indoor soccer league is underway! Games are being played at the Flowood YMCA.
- Flag football is starting soon, just in time for high school and college football. Be sure to watch your UMC email for opportunities to join or watch.
- More intramural opportunities will be announced in the future, so stay tuned to be ready for your favorite sport.

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.

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Mentors Needed - That Means You!

By Peter Mittwede & Erin Taylor

On our various paths to arrive at schools at the University of Mississippi Medical Center, we have undoubtedly all had mentors who have inspired, encouraged, pushed, and criticized us in constructive ways. Not long ago we were undergraduates, and one of our most significant goals was simply to get accepted into the professional school of our choice. If we were lucky, we had a friend or family member in our planned career path who could help answer our questions. Many of us, however, had to resort to finding out information via internet forums or school websites.

We are hoping to bridge that gap with the newly-formed Mississippi Health Sciences Mentorship Program, sponsored by the Associated Student Body. The goal of the program is to link UMMC students with undergraduate students from around the state in yearlong mentor-mentee relationships. An undergraduate student will be connected to one of our students who is in a professional school in which the undergraduate student has an interest. Ideally, the mentor-mentee pair would talk on a regular basis, either in person (if the undergraduate is local), or via e-mail, phone, or Skype.

If done correctly, mentorship can be tremendously rewarding and mutually beneficial for both the mentor and the mentee. Although many people are under the impression that mentors have to be much older than their mentees, we believe that it is never too early to gain mentorship experience. There will always be younger people who have not reached our stage in life who can benefit from our knowledge and experience. We hope this program will start us along the path of becoming excellent mentors throughout our lives, and that it will serve to increase the interest of Mississippi undergraduates not only in health science fields, but also in UMMC as a strong option for further schooling.

We hope you will consider signing up to be a mentor to an undergraduate student. If you are interested in serving in this capacity, please e-mail Peter Mittwede (pmittwede@umc.edu), President of the School of Graduate Studies, or Erin Taylor (ertaylor@umc.edu), Philanthropy Chair of the ASB.

Game Solutions

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Multicultural Student Health Association

By Wilfreda Lindsey, M2

The Multicultural Student Health Association (MCSHA) is a new organization that aims to foster an environment that recognizes the benefits of diversity and supports an inclusive UMMC community where faculty, staff, and student differences are recognized, understood, and appreciated at the institutional, interpersonal, personal and cultural levels. We are composed of students from every school on campus. Our main goals are to increase cultural awareness and sensitivity, embrace differences and enhance cultural competency. This is our first year and we have a lot of awesome things planned! We hope to coordinate educational, cultural, and social programs that will motivate students and faculty to cultivate meaningful, diverse interpersonal relationships and that will facilitate better care in each of our fields. We would like to help others appreciate the multitude of identities and cultures by promoting multicultural dialogue, awareness, advocacy and respect for diversity. September 3rd we will be hosting a free international cuisine night featuring dishes from different countries. That night will also be our first interest meeting. It will be in the Student Union at 6:00pm. If you cannot make it but are interested in becoming a part of MCSHA, please contact Lekha Sunkara at lsunkara@umc.edu. If you can, please come out, grab some food, and get to know us all a little better.

“All differences in the world are of degree, and not of kind, because oneness is the secret of everything.”

—Swami Vivekananda
I spent six weeks of my summer in a country that may cease to exist by 2050. Here are some concrete facts about Swaziland: Their population is around 1 million. Out of those 1 million people, 43% of adults have HIV/AIDS. 90% of 15 year olds will not reach the age of 35. And I think the most shocking statistic, and the one that opened my heart to this place is that the life expectancy for a Swazi is roughly 52 years.

Feeling as though God was calling me to spend a significant portion of my summer serving abroad, I prayed long and hard about where that should be. He sent me to Swaziland, Africa. I raised $3,500 in two weeks and received more vaccines than I ever thought could go into two arms. After having lived there for a little more than a month and having my heart transformed, I can now testify to even more concrete facts about Swaziland: Swaziland is home to some of the most beautiful souls I have ever had the pleasure to meet. They pour out love. There was never a moment when I walked into a room and wasn’t greeted in some way (they love to hug and hold your hand). One smile from a Swazi child can soften even the hardest of hearts. And even in the midst of poverty, malnutrition, a war against HIV/AIDS, and the threat of being eradicated by 2050, these people are warriors. They are a smiling, beautiful, kind-hearted, and generous people.

I originally went to Swaziland to work alongside a ministry nurse and do medical missions, but God had His own agenda. Working with Challenge Ministries, I had the opportunity to serve in preschools throughout Swaziland, work on a local farm (many Swazis only eat what they can grow), help set up clinics in different villages providing basic healthcare, pray for people in the “hospital,” laugh and talk with teenage girls in a women’s center for girls who haven’t had it so easy, and work with a medical ministry called The Luke Commission. (The Luke Commission is based in Swaziland and, with the help of medical students and other medical professionals, they see up to 1,000 patients a day, twice a week. Their work is extraordinary!)

(Continued on next page)

I will be forever changed by my experience in Swaziland. Some days were tougher than others, but I saw a little piece of heaven on earth in that small country and met some amazing friends! I would just like to encourage anyone who has a heart for hurting people and a desire to serve, to consider going to Swaziland or anywhere else that you feel called to go – that includes Jackson, MS! You’ll leave with a renewed mind, a renewed spirit, and an open heart. I sure did.

If you’re interested in doing what I did in Swaziland, feel free to check out Challenge Ministries’ website (even if you just want to go for 2 weeks) at http://www.cmswazi.org.

Or, if you’re interested in a more medical-based approach and want to do some amazing stuff with hands-on experience, check out the Luke Commission’s website!
http://www.lukecommission.org

For Swaziland,

Mallory Satcher, M2

If you or a UMMC friend you know has a story that would be great for the Student Spotlight, please email Jennie Thomas at jthomas@umc.edu!
Activities for the UMMC Medical Student Family Alliance (MSFA) are in full-swing for 2013-2014. The MSFA is an organization comprised of medical students and their significant others that work to support each other and the community throughout medical school.

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 stress due to things like class, board exams, and rotations. 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.

These factors represent many commonalities among friends who get to know each other at various functions hosted by the MSFA. The group serves primarily as a service organization to medical students and the local community. Their first-annual Halloween Trunk-or-Treat Fundraiser, Spooky U, was a huge success with participation from all of UMMC’s professional schools to benefit Batson Children’s Hospital. With a scheduled date of October 24, Spooky U is already shaping up to be an exciting event with this year’s proceeds benefiting Mississippi Children’s Home Services. Many organizations on campus have already contacted the MSFA to participate this year and it is sure to be a fun event to attend.

Not only does the MSFA work on projects in the community such as Spooky U and Habitat for Humanity, but the group also supports each medical student class by providing snacks and other surprises in their mailboxes as well as breakfast before certain block exams. Known as the ‘Help us Help Them’ campaign, the assistance of parents has enabled the MSFA to provide these treats throughout the year.

These factors represent many commonalities among Many of the non-medical student members of the MSFA hold full-time jobs or are pursuing professional degrees as well, so involvement in the Family Alliance does not take away too much time from people’s already busy schedules. In addition to the group’s service projects, social events like girls/guys night out, cookouts, and holiday parties are also held for members. For those interested in joining the UMMC Medical Student Family Alliance, please email ummc.msfa@gmail.com.
Appetizers can be tricky. It is just a small meal before the real meal. Well, if your appetizer is only a preview before the real deal, do you really want to spend an hour working on it? With this recipe, I have the solution. A total of four ingredients, it cannot get better than this.

Note: If you have any of this dip left over, it can be used with chicken to make a chicken sandwich.

Any questions or thoughts, email me at eljohnston@umc.edu.

Hot Tomato Boursin Appetizer

Serves up to 10
Prep time: 10 minutes
Cook time: 15-18 min

Ingredients:
1 pint grape tomatoes, quartered
2 (6-ounce) rounds herb Boursin cheese
6-4 tablespoons milk
1 ½ tablespoons fresh basil (roll up several leaves together then cut to make strips)

Instructions:
Preheat oven to 350 degrees. Spread quartered grape tomatoes on the bottom of a shallow baking dish. In a small bowl, mix Boursin cheese and enough milk to make a thick, lumpy mixture. Sprinkle chopped basil over tomatoes. Pour Boursin mixture over tomatoes and basil. Cover completely (if possible). Bake for 15-18 minutes. Serve on toasted bread rounds or provide crackers for dipping! Best if served hot.

What do you do with all the left over 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!

This month, I want to introduce you to one of my all-time favorite dishes, Thai Red Curry. You’ll probably hear that phrase “all-time favorite” from me quite often. The Murmur only goes out once a month, so it’s really hard for me to pick just one recipe to share with you guys. With that being said, though, this is a good one! If you like anything related to curry, Thai food, and/or coconut milk, this is an excellent dish to make. I know I said last month that the ratatouille was quick and easy, well, this is even quicker and easier. It requires a total of 8 ingredients, and takes about 30-40 minutes to make from start to finish. It’s comfort food at its greatest because it warms your belly, and yet it’s light and healthy. What else could you ask for? :)

Thai Red Curry Chicken

Ingredients:
1 lb. of chicken breast (cubed)
3 tbsp. of Thai Kitchen Red Curry Paste (you can get it from just about grocery store really)
½ tsp. ground coriander
½ tsp. ground cumin
2 green peppers (chopped)
1-2 large tomato (diced)
13 oz. can of lite coconut milk
Olive oil
Rice

Instructions:
1. Heat oil in a pan over medium heat and add the Thai Red Curry paste.
2. Add the cumin and coriander and gently sauté for a couple of minutes.
3. Add the cubed chicken pieces and sauté for about two minutes.
4. Add the coconut milk, bring to a boil, reduce the heat and simmer until the chicken is almost cooked.
5. While the rest of the dish is simmering, add the peppers and tomatoes.
6. Continue cooking everything until the meat is cooked through. Once the meat is done serve the red curry hot over a bed of steamed rice!

It’s that simple! If you don’t like red curry, I’m sure you could substitute green curry paste in its place, and if you’re a vegetarian, I think tofu would work nicely as well. That’s the beauty of this dish. You can literally add and substitute a variety of ingredients, and it will taste just as good. It’s a good base to work with, so go wild and crazy with potatoes, onions, peas, or whatever else you might have on hand. :) I hope you all enjoy this as much as I did. Thanks for reading! As always, please don’t hesitate to e-mail me with any questions. Happy September everyone! ☺

-Mina
Famous September Birthdays

*Bruce Springsteen, Beyonce, Bear Bryant, Michael Buble, Ray Charles, Fatsy Cline, Dr. Phil, Jimmy Fallon, Hugh Grant, Stephen King, Avril Lavigne, Gwyneth Paltrow, Pink, Walter Reed, Charlie Sheen, Dr. Phil, Jimmy Fallon, Hugh Grant, Stephen King, Avril Lavigne, Gwyneth Paltrow, Pink, Walter Reed, Charlie Sheen, Bruce Springsteen, Conway Twitty, Dr. Phil, Jimmy Fallon, Hugh Grant, Stephen King, Avril Lavigne, Gwyneth Paltrow, Pink, Walter Reed, Charlie Sheen, Bruce Springsteen, Conway Twitty, Catherine Zeta Jones

This Month in History...

- **1928** - Alexander Fleming discovers penicillin
- **28** - First Model T was built (1908)
- **22** - Peace Corps was established (1961)
- **11** - JFK (future President of US) marries Jackie Bouvier (1924)
- **11** - 9/11 Attacks on World Trade Center and Pentagon (2001)
- **07** - First Miss America Pageant (1921)
- **05** - First Continental Congress assembled (1774)
- **02** - Germany invaded Poland, starting WWII
- **01** - First Miss America Pageant (1921)

Game Solution on page 9.

Editor’s Note

Well folks, this is a good sign – it’s my second Editor’s Note, and you’re still reading (assuming you read the first one.) I’ll take it as a good thing, regardless!!

When I wrote last month, I talked about what the Lord was teaching me then. Well, guess what? I’m always learning. Sometimes it’s clearer to me than others, but I would never be naïve (or arrogant) enough to think there aren’t 1 1/2 + things I need to learn at any given moment. Do you know what I mean?

I want you to stop and think about something. (Since you are reading, I’m going on the premise that you are not saving a life at this second. If you are, no worries – I assure you this page will still be here after your time of heroism is complete. If not, please continue.)

Stop and think about the people in your life who mean more to you than anyone else. Spouses, parents, significant others, children, brothers, sisters, other family members, best friends, more friends, mentors, anyone more you think of who are particularly special to you – and make a strong mental list, or write them down if necessary. (I do have a point to this, I promise.) As you do this, I’m going to wager a suspicion that your list has inadvertent “levels” or groupings, i.e., I bet your list is “in order of closeness.” Everyone has people whom they feel they can’t do a day without and others who fill different roles in your life. So now, I’m willing to guess that your close friends have come from different points in your life – relationships from childhood, maybe from high school, many from college, and quite a number from professional school and/or the world at large. Some friends you have had for perhaps only a year or two, compared to others of 20 years or more.

What I have seen throughout my life is that the Lord places certain people in it at specific times – at perfect times – whether that is coincidentally apparent or isn’t clear until quite some time later. And for those of us with close families, of course, they have always been a part of our lives. But think about a specific person you have now or have had earlier in your life, and think about how your relationship has been shaped by the situations you encountered together. Now, think about having to go through those same very same experiences without this person – totally different, much less desirable, maybe even impossible, right?

In our adult lives (and particularly in professional school), we appreciate the people who love us the most – we really do. However, I promise you, we do not always do the best job of showing that to them. We are busy, stressed, stretched to the max, and physically, mentally, and emotionally exhausted. Sometimes we can hardly sleep, shower, or pay our electric bill. But guess what? If we had to go through these difficult times without the people who love us and whom the Lord has placed in our lives right now, it would be totally different AND much less desirable, and for me, it would definitely be impossible.

Homework assignment (due now): call or see the people who mean the most to you (whether 1, 5, or 10 of them) and tell them how much you love them and appreciate them, and somehow try to think to do this more often (i.e., regularly.) They need it, and you need it too.

All my best,

Jennie Thomas, M3
Editor of The Murmur
Crystal Walley has always loved puttering in the garden, playing with her pets and spending time with family.

But the activities have new meaning in the wake of a West Nile virus infection that paralyzed and nearly killed the Wayne County mother of two. “You don’t appreciate all the little things until they are taken away,” she says.

Now back on her feet, Walley is forever grateful for the groundbreaking discoveries being made at Methodist Rehab’s Center for Neuroscience and Neurological Recovery. Center scientists were the first to link West Nile virus to a polio-like paralysis, and Walley says the expertise of renowned researcher Dr. Art Leis helped save her life.

“There’s not another in the world that can compare to him,” she said. “He truly loves what he does, and he is darn good at it.”