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**Inside This Issue**

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>From the President’s Desk…</td>
<td>4</td>
</tr>
<tr>
<td>The Jackson Insider</td>
<td>5</td>
</tr>
<tr>
<td>Mark Your Calendars!</td>
<td>6</td>
</tr>
<tr>
<td>Spooky U</td>
<td>6</td>
</tr>
<tr>
<td>Intramurals Inbox</td>
<td>7</td>
</tr>
<tr>
<td>Champion Spotlight</td>
<td>7</td>
</tr>
<tr>
<td>Entertainment Edge</td>
<td>8-9</td>
</tr>
<tr>
<td>First Annual Charity Golf Tournament</td>
<td>10-11</td>
</tr>
<tr>
<td>National Hispanic Heritage Month</td>
<td>12</td>
</tr>
<tr>
<td>Breast Cancer Awareness Blood Drive</td>
<td>13</td>
</tr>
<tr>
<td>Humanitarian Health Partnership</td>
<td>14-15</td>
</tr>
<tr>
<td>M1 Survival Skills</td>
<td>16</td>
</tr>
<tr>
<td>News from the M2s</td>
<td>17</td>
</tr>
<tr>
<td>OT3 Updates</td>
<td>18</td>
</tr>
<tr>
<td>National School Backpack Awareness Day</td>
<td>19</td>
</tr>
<tr>
<td>Beginner Chef</td>
<td>20</td>
</tr>
<tr>
<td>The Dish</td>
<td>21</td>
</tr>
<tr>
<td>Checking in with the Jackson Free Clinic</td>
<td>22</td>
</tr>
<tr>
<td>Editor’s Note</td>
<td>23</td>
</tr>
</tbody>
</table>

**NEW THIS ISSUE:**
- Checking in with the JFC (p. 22)
Hello! How is it October already? If you’re a first year student on campus, I hope you’re adjusting well and making some time for fun between the studying!

The semester is in full swing. Campus has settled. No more orientations. Speaking from experience, the semester, and then year, will be over in a few blinks of the eye. Make sure you take some time to reflect. Ask what you want to accomplish with your time at UMMC. Write down a list of goals. Somehow, writing them down makes it more real (and crossing items off a list is always satisfying).

At UMMC, there is much more that can be gained beyond your specific professional degree. You can enrich your experience with countless opportunities that are available on campus and throughout Jackson (and I don’t mean by eating the deep-fried Krispy Kreme burger at the State Fair). It’s quite easy to fall into a rhythm and postpone those “extracurricular” things. After all, we are professional procrastinators. What I’m saying is, take advantage of the next volunteer opportunity that sparks your interest. Challenge yourself to try something new that puts you in a different, unfamiliar situation. This not only better prepares us for the future, but it provides you the opportunity to build incredible and diverse social and academic relationships. Also, it may just give you the motivation you need to study for the upcoming test block.

All six professional schools on campus share a common denominator, we are UMMC. Working collaboratively in an inter-professional environment begins now, in our training. We should push ourselves beyond the role of a student and see ourselves as future healthcare professionals. The ASB hopes to improve your experience at UMMC through social events, parties, and volunteer opportunities. But be sure to seek some out for yourself. You won’t be disappointed.

The ASB website and the Student Activities e-mails will always have numerous opportunities. Who knows, your next experience may lead to that one introduction or that one partnership that could go on to help shape your career or create a lifelong friendship. If you have an idea about a service project that is needed, we can help get that started. So don’t hesitate to contact any of us. It is time to start making the most of your UMMC experience.

Brad Deere,
ASB President
Jackson Restaurant Week
Participating Jackson Restaurants
Sept 29 - October 12

Jackson Restaurant Week is back for its fourth season, showcasing the best of Jackson’s culinary scene. Every time you dine at a participating restaurant during Jackson Restaurant Week, you’ll have the opportunity to vote for one of the Jackson Restaurant Week’s Charity Finalists. The charity with the most votes compiled by October 12 will walk away with a check for $10,000—money that will be used to do a lot of good right here in the Jackson metro area.

MS State Fair
State Fairgrounds
Oct 2 - October 12

Fried food, questionably safe amusement rides, and the best people-watching experience in the Southeast. What more do you need to know? Visit http://www.mdac.state.ms.us/departments/ms_fair_commission/state-fair.htm to plan your fair experience.

Fondren After 5
Fondren
Oct 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 6pm at Walker’s Drive-In. You get a free beer for your efforts. Come check it out.

Purple Dress Run
Jaco’s Tacos
Oct. 17 @ 6 p.m.

Grab your running shoes and favorite purple “dress” and join the Domestic Violence Services Center of Catholic Charities, Inc. and Jaco’s Tacos for a sunset 5K Purple Dress Run/Walk through Downtown Jackson. Post race celebration at Jaco’s Tacos. Get more info at http://catholiccharitiesjackson.org/purpledressrun.com

Jacktoberfest
Congress St., between Amite and Capitol Sts.
Oct 18 @ 11 a.m. to 11 p.m.

Jacktoberfest is a free-admission annual street festival and craft beer competition held every third Friday of October in downtown Jackson, Mississippi. The event features local and regional bands, a dozen craft American and German import beers, and of course, bratwurst. With the 2011 addition of Mississippi’s first public Craft Brew Competition, Jacktoberfest has evolved into a premier city street festival drawing thousands.

Rodney Carrington
Thalia Mara Hall
Oct. 18 @ 7 p.m.

Rodney Carrington is a multitalented comedian, actor, and writer who has recorded eight major record label comedy albums, selling over 3 million copies. Visit Ticketmaster for more information.

“The Grapes of Wrath”
New Stage Theatre
Oct. 22 - Nov. 3

Here is a good chance to experience that book that you were probably supposed to read in high school but decided to go for the Cliffs Notes instead. John Steinbeck’s quintessential American story of hope and survival is brought to the stage by Frank Galati’s theatrical adaptation. Renowned first as a novel, and then as a prize-winning motion picture, the story of the Joad family and their flight from the dust bowl of Oklahoma is familiar to all. Visit http://newstagetheatre.com for ticket information.

Disney’s “Beauty and the Beast”
Thalia Mara Hall
Oct. 24 @ 7 p.m.

Here is the perfect chance for every guy’s girlfriend to pay him back for all the SEC football he has made her watch this fall. Disney’s Beauty and the Beast, the award-winning worldwide hit Broadway musical, is coming to Jackson as part of the Best of Broadway Series. This elaborate theatrical production will come to life on stage at the Thalia Mara Theater on Thursday, October 24th.

Eric Holland, M4
ASB Vice President
### Mark Your Calendars!

#### October 2013

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
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<th>Saturday</th>
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</table>

- **23** Blood Drive for Breast Cancer Awareness 11 AM - 6 PM @ Student Union
- **24** Spooky U, sponsored by MSFA, 6-8 PM @ Student Union
- **25** Deadline for items for The Murmur November issue
- **19** HHP Dinner & Documentary 6 PM @ Student Union
- **1** ASB Halloween Party @ Hal & Mal’s 9 PM

---

**Spooky U**

The second annual Spooky U Halloween Trunk or Treat event is coming up soon! This year’s event will take place on Thursday, October 24, from 6-8 PM outside of the Student Union. All proceeds will benefit the Mississippi Children’s Home. Spooky U is open to all UMMC students, faculty, and their families, and admission is FREE. T-shirts will be available for sale on JCGstore.com in October. The deadline to register to host a booth is October 10. Contact Olivia White at UMMC.MSFA@gmail.com with any questions or for more information.
Current Sports:
• First-ever indoor soccer league is well underway! Games are being played at the Flowood YMCA.
• Flag football is all the rave at the moment, with 13 men’s teams and 3 women’s teams vying for the championship title! Regular season play continues for about another month, with the playoffs slated to begin November 10.
• Check the ASB website for current standings by clicking on Intramural Sports on the left side: http://www.umc.edu/asb/

I’m proud to announce that the Class of 2015 has claimed its 2nd intramural championship in the past 3 months!!! Hal Flowers, Warren Masterson, Hugh Muse, and myself went out yesterday and battled against mother nature and 30 other medical students to win the 4-man golf scramble at Whisper Lakes golf course in Madison.

Hal started the team off strong with a beautiful iron shot off the first tee box to 10 feet from the hole, which was followed by right-to-left breaking putt that was sunk by Hugh giving us a birdie on the first hole. After a few holes of average play, Warren got the momentum rolling with a wedge shot to about 10 feet, which was followed by Hugh rolling in another putt for our second birdie of the day. Things escalated on the next hole when I drove the ball to one foot from the hole on a par 4, for a tap in eagle to give our team a decisive lead on the rest of the field. Hugh decided to kick up his iron play the rest of the day, knocking balls within 8 feet from the pin on numerous remaining holes, and Hal and Warren were dropping putts left and right to keep the birdies and momentum rolling.

The roars coming from our team echoed throughout the course as each birdie dropped, and you could see the fear in the other medical students’ eyes, as they knew they had no chance to defeat the mighty M3’s. Warren even had a ball begin to roll downhill away from the hole, stop, and start rolling up hill against gravity and drop in the cup for a birdie; not even the laws of physics could overcome us this day! We finished with a final score of 52; second place shot 59.

As we all gathered in the clubhouse following the round, you could sense the submissiveness of the other students as we walked to the front to claim our trophy. Not only were champions crowned that day, legends were also born, so give Hal, Hugh, and Warren a pat on the back if you see them. Stand tall today Class of 2015, you can once again call yourself champions.
This Month in History...

01 - Henry Ford’s Model T went for sale (1908).
01 - Walt Disney Resort opens in Orlando (1971).
03 - A. Lincoln signed a Proclamation making the last Thursday in November Thanksgiving Day (1863).
06 - Martha Stewart was found guilty and sentenced (1904).
13 - Apple, Inc. introduces the iPod (2005).
18 - The US officially takes possession of Puerto Rico (1898).
24 - Wall Street Crash, called Black Thursday (1929).
27 - New York subway system opens (1904).
31 - Mount Rushmore sculpture is completed (1941).

Famous August Birthdays


http://holidayinsights.com/history/history08.htm
The School of Medicine began this year with a “swing,” organizing the 1st Annual UMMC School of Medicine Charity Golf Scramble. The Charity Golf Scramble was held September 21st at Whisper Lake Country Club in Madison. The event was open to all medical students, resulting in 35 participants. Each team played for a charity of their choice, and all proceeds from the tournament were donated to the winning team’s charity on behalf of the School of Medicine.

1st Place: M3s   2nd Place: M1s      3rd Place: M2s
Hal Flowers  Paul Dotherow      Giles Langston
Warren Masterson Dustin Reed      Ben Long
Hugh Muse  Jason Wheat      Logan Rush
John Rushing  Richard “Whit” Whitlock

Closest to the Hole (Par 3):  Brooks Turner, M1
Closest to the Hole in 2 (Par 5): Richard “Whit” Whitlock, M2
Longest Drive:    Richard “Whit” Whitlock, M2
After all the hard work was done, the teams gathered for some Chick-fil-A and the presentation of the prizes to the overall winners. Prizes were also given to contest hole winners. AND, several other lucky players went home with door prizes. Check out the scoreboard and photos below to see the winners!

The Charity Golf Scramble raised over $1000, which will be presented to the winning team’s charity, Caring Hands Ministries. The Charity Golf Scramble began a little friendly rivalry between the School of Medicine classes, with all eyes on the prize for next year!

SCOREBOARD

1st Place: M3s  2nd Place: M1s  3rd Place: M2s
Hal Flowers  Paul Dotherow  Giles Langston
Warren Masterson  Dustin Reed  Ben Long
Hugh Muse  Jason Wheat  Logan Rush
John Rushing  Richard “Whit” Whitlock

Closest to the Hole (Par 3):  Brooks Turner, M1
Closest to the Hole in 2 (Par 5): Richard “Whit” Whitlock, M2
Longest Drive: Richard “Whit” Whitlock, M2
September 15 - October 15

The Multicultural Student Healthcare Association (MCSHA) would like to highlight National Hispanic Heritage Month. The largest minority ethnic group consists of people of Hispanic or Latino origin. Latinos represent 16.7% of the US population and by 2050 this number is estimated to rise to at least 30%! Furthermore, Hispanics make up 2.9% of the population in Mississippi alone.

So, why is this relevant? As future health care providers, there are some things we should be aware of. Hispanic Americans have the highest rates of uninsured members of any racial or ethnic group. This translates to a lack of access to health screenings, immunizations, and other forms of preventive care. In addition, Hispanic men and women are predisposed to liver, stomach, and cervical cancer, diabetes, HIV/AIDS, and certain mental health issues. There is also a high prevalence of acute care in the treatment of Latinos due to delayed medical care.

Why is medical care delayed? Here, read this:

• Inconsistent access to health care due to poverty or lack of health insurance.
• The cultural expectation that one should tolerate pain, leading to delayed medical care.
• The belief that some conditions are natural, like pregnancy, and don’t require medical attention.
• The language barrier! Latinos feel less listened to and understood in the doctor’s office and are twice as likely to leave with unasked questions.

These are generalized concepts and may not apply to all of your Hispanic patients. However, it’s a starting point and may aid in understanding patient behaviors in their cultural setting. How we perceive an individual in their cultural context impacts the quality of healthcare we deliver. Cultural competency calls for greater cultural humility. Keep an open mind in all of your patient interactions and let’s strive to be more aware, compassionate, and knowledgeable healthcare providers.

Thank you for reading!

Freda Lindsey, M2, MCSHA Programs Coordinator
Lekha Sunkara, M4, MCSHA President

Here are the answers to the Sudoku on page 8.
Donate Blood for Breast Cancer!

Sponsored by The University of Mississippi School of Pharmacy

Blood Drive

October is Breast Cancer Awareness Month. But EVERY month is a cancer fighting month! Donate blood & help win against cancer.

Wednesday, October 23
11 a.m. - 6 p.m.
Gym in the Student Union

Donors receive free pizza!

Please Bring ID  Free T-Shirts to all Donors

MBS suggests that all donors eat at least four hours within giving blood and drink plenty of fluids prior to and after making a donation.

(888) 90-BLOOD  www.msblood.com
Remember to visit MBSCnect for exclusive Mississippi Blood Services thank-you items!
Donors can now check their cholesterol on MBSCnect, too.
Also follow us on Facebook at www.facebook.com/give2live

October is Breast Cancer Awareness Month, but every month is a cancer-fighting month! Donate blood and help win against cancer. You have the opportunity to give your community more than candy this Halloween season by donating blood at the upcoming blood drive. To quote Mississippi Blood Services, “Make giving life your way of life.” Hope to see you there!
Humanitarian Health Partnership

The multidisciplinary student organization Humanitarian Health Partnership (HHP) is hosting a screening of the documentary Girl Rising on the evening of Tuesday, November 19th in the Student Union. Through this screening HHP hopes to encourage awareness of global health issues and inspire UMMC students and employees to a call to action. This groundbreaking film explores the lives of 9 girls from 9 different developing countries, and the power of education to change the world. A dinner will be served, and Dr. Jericho Bell with the Department of Internal Medicine/Pediatrics will give an introduction to the documentary.

The education of women in developing countries has an apparent and profound impact not only on their families, but their communities as a whole. According to the United Nations, many studies indicate a direct linkage of the educational level of a mother to the lowering of fertility rates. Educated women have more economic opportunity, more power over reproductive choices, and are more capable of maintaining the health of themselves and their children.

While this documentary highlights the disparities experienced in developing countries, we want to also incorporate service for the disadvantaged here in Mississippi. In conjunction with the film screening, there will be a hygiene product drive to benefit students living in the Mississippi Delta. Donations will be collected for the Mercy Delta Express Program to distribute to students in the schools they serve. To find out more information on the Mercy Delta Express Program, please contact Dr. Lisa Haynie (lhaynie@umc.edu).

HHP would like to encourage men and women students and employees to come watch the documentary and gain a global perspective and appreciation for the power of education! Guests are invited to bring their teenage children as well.

Co-sponsors of the event include the Group on Women in Medicine and Science, American Medical Women’s Association, International Medicine Interest Group, and SOM Student Affairs.
10 Facts About Girls’ Education

Around the world, girls face barriers to education that boys do not. But educating girls can break cycles of poverty in just one generation. These statistics offer insights on those barriers, and also illustrate the lasting impact education has on girls, families, communities and nations around the world.

1. 66 million girls are out of school globally. (UNESCO)
2. There are 33 million fewer girls than boys in primary school. (Education First)
3. A child born to a literate mother is 50% more likely to survive past the age of 5. (UNESCO)
4. Educated mothers are more than twice as likely to send their children to school. (UNICEF)
5. In a single year, an estimated 150 million girls are victims of sexual violence. (UNIFEM) (50% of sexual assaults in the world victimize girls under the age of 15. (UNFPA))
6. 14 million girls under 18 will be married this year. That’s 38 thousand today — or 13 girls in the last 30 seconds. (UNFPA)
7. The #1 cause of death for girls 15-19 is childbirth. (World Health Organization)
8. Girls with 8 years of education are 4 times less likely to be married as children. (National Academies Press)
9. A girl with an extra year of education can earn 20% more as an adult. (The World Bank)
10. If India enrolled 1% more girls in secondary school, their GDP would rise by $5.5 billion. (CIA World Factbook) (Global Campaign for Education and RESULTS Education Fund)

10x10 and its partners are working to change minds, lives and policy. Join us. Together, we have the power to create equity for girls — and change the world.

Check out the facts:

- With questions or for more information regarding the event, please contact Alex Ruhl (aruhl@umc.edu) or Dr. Jericho Bell (jlbell@umc.edu).
- For more information about the film, please go to girlrising.com.

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With questions or for more information regarding the event, please contact Alex Ruhl (aruhl@umc.edu) or Dr. Jericho Bell (jlbell@umc.edu).

For more information about the film, please go to girlrising.com.
The dreaded 60-second timer emitted its last cry after 149 replays, and we were free from the gauntlet. We might have failed, but it didn’t matter; we had just begun our medical school weekend.

The M1’s found a way to make it through the first few weeks: study hard, and party after the first gross anatomy test.

"The best part of the party was getting to know fellow M1’s in our class," said Jacob Morgan, one of the two hosts of the event. "I think all of us enjoyed winding down with a splash, and the night turned out to be a radical experience!" Daniel McGuffey and Jacob Morgan, two brave M1’s, orchestrated the rental of a 24-foot-tall water slide and prepared a remarkable bonfire.

Brock Banks, a friend and fellow M1, pronounced the event a success. "The party was a great way to unwind after a weekend of studying." Banks continued, "I was able to spend time with friends and get better acquainted with many of my new classmates."

As the ashes settled, so did our minds. As the sun awoke the next day, we rose… ready to take on the next challenge of M1.

With the success of the inaugural M1-hosted party, we hold hope for the future. "For those who attended: I enjoyed seeing everyone come out," said Morgan. "Let's do it again sometime."

I want to thrive, not just survive. -Jeremy Archer, M1
After a grueling test block and a full week of exams, the M2s finally got the break that we needed! The long test blocks are definitely different than M1 year when tests were consistently every week. Our theme for the past few weeks has been sleep, podcast, eat, podcast, read, podcast, sleep. As we all have tried to settle into this new school year, the M2s have kept busy with new activities.

A group of M2s participated in fondRun, which is hosted the first Thursday of every month. In conjunction with Fondren After 5, fondRun consists of a two-mile course for anyone that likes to run or walk that begins and ends at a chosen restaurant in Fondren. In September, the restaurant was MISO, and participants were offered a free beer and fried rice on their return from the course. If you are interested in fondRun, you can find them on Facebook and like their page to get updates. On the intramural side of things, M2s continue to be competitive in flag football and indoor soccer.

More on the sports side, Parker White (M2) with the help of Taylor Scruggs (M2) directed the 1st Annual UMMC School of Medicine Charity Golf Scramble at Whisper Lake in September. All the proceeds went to the winning team’s choice of charity. Out of the 35 participants, three of our M2s won 3rd place: Logan Rush, Ben Long, and Giles Langston.

After growing interest in the M2 class about learning medical Spanish, Daniel Hester (M2) with the help of other medical students has started the Medical Spanish Interest Group (MSIG). The group is “dedicated to teaching future health care providers practical, clinically oriented Spanish language skills at varying proficiency levels.” Classes are held every Wednesday at noon on the second floor of the Classroom Wing, and they are split into separate rooms for the beginner, intermediate, and advanced. For more information on the MSIG, go to this website: http://msigumc.wikispaces.com/Inicio+%28Home%29.

Last but not least, the M2 Bible Study Group volunteered at We Will Go ministries in September where they gave clothes to people in need and held a Bible Study for them afterward. Also, some M2s have been enjoying volunteer activities such as The Mercy Delta Express and the Jackson Free Clinic.

That’s all from the M2 side of things. Happy Pumpkin Season!

Eden Johnston, M2
September is Alzheimer’s disease Awareness Month! Occupational Therapy’s role in the treatment of clients with Alzheimer’s disease is an emerging topic in the American Occupational Therapy Association (AOTA). In order to advocate for OT, as well as support a cure for Alzheimer’s disease, 3rd year OT students, along with 2nd year Certified Occupational Therapy Assistant (COTA) students, have been supporting the Mississippi Alzheimer’s Association at various events throughout the month of September. Check out the photo on the right from a Sal and Mookie’s Charity Event benefitting the Mississippi Alzheimer’s Association!

OT3s Learn about Adaptive Water Skiing at Brooks Lake

“The only limitation your clients have is your own imagination.” -Bill Bowness

Denise Bowness is an OT and CHT in the Jackson area. She and her husband, Bill, are the owners of Unlimited Skiing. The OT3 class at UMMC had the opportunity to tour their facilities, learn about adaptive skiing equipment, practice transfers and “starts”, and watch Bill as well as Jacky Stimpson ski.

“Unlimited Skiing L.L.C. (US) provides instruction in water skiing for people with physical disabilities. Operated by Bill and Denise Bowness, Unlimited Skiing has more than 40 years of experience teaching and coaching water skiing. Bill Bowness is a multiple time world champion and world record holder in water skiing. He is a 10 time member of the US Disabled Water Ski Team. Bill serves on the BOD of Water Skiers with Disabilities (WSDA) and the Disabled division of the International WaterSki and Wakeboard Federation (IWWF). During the winter, Bill is an adaptive snow ski instructor and clinician. Denise Bowness has coached the US Disabled Water Ski Team since 1999. Most recently this team won the Team Gold Medal at the 2009 World Championships in Vichy, France. She has been involved in tournament water skiing most of her life and continues to compete at a national level. Throughout the year, Denise also works as a Hand Therapist in both Mississippi and California. Jacky Stimpson has trained and lived at Brooks Lakes since its completion. She is the most successful female adaptive skier in history. Jacky is a member of the British Disabled Water Ski Team. Jacky volunteers her time at Unlimited Skiing throughout the year to promote water skiing for people with disabilities.” -unlimitedskiing.com
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National School Backpack Awareness Day

National School Backpack Awareness Day is an annual event held on the third Wednesday of every September. Across the country, backpack events educate parents, students, educators, school administrators, and communities about serious health effects that backpacks that are too heavy or worn improperly have on children (AOTA). For Backpack Day, the OT Class of 2016 went out into the community to educate various teachers and students on the importance of backpack safety. They prepared skits and activities for children to participate in. The Class of 2015 prepared a public service announcement to reach a larger audience.

Proper backpack usage is important for all ages, including university students. A study showed that approximately 85% of university students self-report discomfort and pain associated with backpack usage (as cited by AOTA). So the next time you head off to school or other extra-curricular activities, always remember to PACK IT LIGHT, WEAR IT RIGHT!
Okay, I hate to disappoint, but I’m stepping in for Eden this month, which means A. although I can’t measure up to her awesomeness, I’ll give it my best shot, and B. Don’t hold it against her if my recipe is not up to her greatness!

Anyway, on to the recipe...

So, it’s October, and it seems like fall is here... which means it is time for pumpkin! This recipe is for a pumpkin dip that is both easy AND delicious! It’s also very versatile - you can serve it as a dip for an appetizer, snack, or dessert. And IF (big IF) you have any leftover, freeze it in a freezer-safe container, and eat it frozen with a spoon, for an ice cream-like treat!

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

Sweet Pumpkin Dip

Serves 15 (5 quarts)
Prep time: 10 minutes

Ingredients:
- 2 (8-ounce) packages cream cheese, softened
- 2 cups powdered sugar
- 1 (15-ounce) can pumpkin
- 2 teaspoons ground cinnamon
- 1 teaspoon vanilla extract
- Gingersnap cookies (for serving)

Instructions:
In a large mixing bowl, beat cream cheese and sugar with an electric mixer until well blended. Add the remaining ingredients and mix well. Store in an airtight container in the refrigerator until ready to serve. Serve with gingersnaps.

**Notes** For a lighter version, use 1/3 less fat (Neufchatel) cream cheese. This recipe freezes well!
THE DISH

Mina Tahai, M2

Since this is the October issue of the Murmur, I decided to make something ghoulishly tasty! :) It’s piled high with salsa verde, stuffed with some succulent chicken, topped with mounds of cheese, and spiced up a notch with a bit of jalapeno. Terrifying, right? Yeah, I didn’t think so either. Maybe you can come up with a better description when you take these amazing Stacked Chicken Enchiladas Verdes to your next Halloween party. :) They are DELICIOUS, and ridiculously easy. I know the ingredient list is a little longer than usual, but all of the ingredients are easy to come by. It’s a quick dish that tastes great fresh and even better the next day once the flavors have melded together. While the chicken is cooking you can make the salsa verde, and then pop it all in the oven. If you’ve never made salsa verde, or salsa for that matter, and prefer to buy it from the store, that’s completely okay. It takes out a huge chunk of the ingredients. Personally, I love the taste of homemade salsa verde, but if time is of the essence, by all means buy it from the store. All you’ll have left to do is cook the chicken and stack everything together. It’s as easy as that :)
Patients chat in the waiting area, students bustle in a group from the exam room back to the lab, and the dental equipment quietly hums in the background. A typical Saturday at the Jackson Free Clinic, the state’s only student-run free clinic, is packed with action.

Located off of Fortification Street on MLK Jr. Drive, students from almost all departments at UMC - dental, medical, physical therapy, occupational therapy, dental hygiene, SHRRP, and others – work together to provide healthcare services to the uninsured population of Mississippi. “We usually see about 15-25 patients on any given Saturday,” Emily Brandon, secretary of the JFC executive board explains. “Our team approach creates a hands-on learning experience for UMC students while providing excellent care to patients that wouldn’t otherwise have access.”

Just in the past year, the Jackson Free Clinic has opened its doors to a newly renovated clinic, and they have expanded from just medical services to include dental, therapy, and much more. Actively involved in research on improving health outcomes, students at the JFC are encouraged to spend time working with patients and developing clinical skills with the help of the volunteer physicians and other professionals that educate while overseeing all clinical activities. The Jackson Free Clinic is open every Saturday from about 12-4pm. Run completely by volunteers, it is a 501©3 non-profit organization.

As you can see, there are A LOT of things going on at the student run Jackson Free Clinic. This column will serve as a monthly update on exciting developments at the JFC. Visit jacksonfreeclinic.com or @jxnfreeclinic for more information and how to get involved.

- Allison Pace, M3
I read something this week that really made me do a lot of thinking: “that the only difference between success and failure is how we perceive it.” When we achieve a milestone of success or we reach a point we believe is failure, what happens next?
1. We still get out of bed the next morning.
2. We still have the next day ahead of us.
3. The world (thus far) has not stopped spinning.

In fact, this author carried on to say that the thing that most defines a situation of either failure or success is how we respond to it. Wow.

His point was when something incredible happens – maybe you get accepted into a great professional school program, you get married, have a baby, land a promising job, buy a house like you’ve wanted for some time, whatever – when the dust settles, how do you respond? Do you call your best friend and talk like you always have? Do you greet your colleagues at work, thank the gentleman for holding the door for you, or help the sweet lady who can’t find her keys at the grocery store? Do you sit in the same pew at church, and be as genuinely glad to worship with your church family as you always have?

On the other hand, when you have moments when you experience failure to what seems like the utmost degree – maybe you lose your job, have opportunity after opportunity that seem to fall through the cracks, fail a crucial test, experience the death of a loved one, become diagnosed with a terminal illness, lose your home in a fire, end a relationship with someone you love, the list could go on and on – at the end of the day, in the midst of tears, disappointment, fear, and confusion, how do you respond? Do you reach to the family and friends you still have, and accept their love, support, and encouragement? Do you sit in awe of and give thanks for the blessings that are still yours? Do you find someone near you who is going through an even tougher situation and come alongside and encourage him or her? Do you take a step back and try to grasp a bigger picture – wider and more far-reaching than the blow you felt that day? Do you truly trust that everything will work out somehow according to a plan that is more perfect than us sinners can orchestrate?

Think about this wisdom, in the words of Winston Churchill:
“Success consists of going from failure to failure without loss of enthusiasm. Success is not final, failure is not fatal: it is the courage to continue that counts.”

So, first of all, in the midst of a situation that seems like a failure, what defines it? Is it that you attempted something you wanted, that you had been working towards, yet you couldn’t attain it? Sure, if failure means to fall short, or prove unsuccessful, it requires a change of plans, regrouping, sometimes an injured pride, or the feeling that you let people down. But just like Churchill said, “…failure is not fatal: it is the courage to continue that counts.”

On the other hand, when you experience joy and accomplishment, isn’t that what is termed success, defined as achieving a goal or attaining a sought-after prosperity? This often provides a feeling of deserved pride, honor, excitement, confidence, and hopefully gratitude. But can’t it also require regrouping and changing plans? After all, part of Churchill’s message was that “success is not final.”

When you achieve a goal and reach a milestone, CELEBRATE and enjoy it, appreciate the ones who helped you get there, pray for wisdom in how your life will change, remember what is most important to you, and still be the same person and do those little things like we mentioned earlier.

But, when it seems like you’ve met failure head-on – you are forced to regroup, change your plans, reevaluate what is most important to you – know that the only difference between success and failure is how you respond. Remember, “Success is going from failure to failure with enthusiasm.” Pray for wisdom if you are facing big decisions, accept help from those who love you, find enthusiasm to pursue what comes next, and still be the same person and do those little things.

Nothing about that resembles our definition of failure.

All my best,
Jennie Thomas, M3
Editor of The Murmur

Questions, comments, ideas, suggestions - email me at jhthomas@umc.edu!