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.

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cdouglas@trustmark.com

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601-208-2952
How to Sell Your House

Winter is coming. Soon after will be spring, and the graduating students will start inundating everyone at UMMC with offers of homes for sale. This year, something different will happen. If you do mass email the campus with houses for sale, DIS is going to call you and give you a stern talking to about abusing the communications system. The point is that this is not an appropriate way to use our already crowded email servers. It is unprofessional and will not be tolerated anymore. Now, there is another way to reach everyone on campus without spamming their inboxes. Visit the ASB website and load your house onto the housing section. It will be available for everyone to see (as long as you list the site). This should dramatically cut down on the unsolicited emails we all receive in the spring. Now I know that far less people will see the listing if they have to go to the website, so I attempt to increase traffic by sending a few reminders that the site is available for those looking to buy. I also plan to talk to admissions about directly accepted students to the site. Hopefully this will result in less spam and better marketing for the seller.

Email me with any questions or concerns. Jake Lancaster

New ASB Website and the New Law on Listing Your House

Presidents Column

Here’s what is happening. From what I can tell, the ASB website has not been updated since sometime in 2009. Many of you have probably never been to the site, and if you did stumble upon it, you probably never thought to return. I don’t blame you. I did the same thing. It didn’t seem to have any useful information or even the correct officers listed for that matter, but I promise you things are going to change. You see, DIS (the ones who send all the delightful emails) is turning the site over to the ASB officers. Before DIS ran the show, if we wanted to change something, we had to email the officers and ask. It was a very inefficient way to run things, which is why the site fell to ruins. Now updates are going to be coming: the former at a strip mall in Destin. I’m staring at the preview for a YouTube video of a Shrek the Musical montage. The smiles on the actors’ faces are ecstatic. Too ecstatic. I’m honestly scared to hit play. It’s as if Nicki Minaj was cloned thirty times and given a bunch of free pink stuff. Tickets are $25.

Family Slumber Safari

This is an overnight adventure at the Jackson Zoo in its new Gertrude C. Ford Education Center. The Zoo is setting the standard high for this one by self-describing itself as the “wildest place in town.” I never take things at face value, so I encourage everyone to compare this overnight Zoo extravaganza with Magoo’s, Free’s, and IHOP at 4am. There will be animal encounters, much like Jurassic Park.

Fondren Unwrapped

This event features Santa and “Fonxy,” the Fondren reindeer. The Jim Hill Singers will be caroling under the boughs of the large cedar tree of Duling Lawn. There will be an old-fashioned Christmas tree lighting. Hot chocolate will be served, and Fondren businesses will be opened late. This is as close to Christmas at Hogwarts as you can get. Thank you for trudging through this “will be” event description.

Moscow Ballet’s Great Russian Nutcracker

All hall the Great Russian Nutcracker! Come watch the ballerinas dance for the glory of the Motherland! I usually pregame with Stravinsky, enjoy the Tchaikovsky classic, then go home to listen to Shostakovich and weep. Tickets start at $37.50 or $115.40 roubles.

Thanksgiving

The Detroit Lions will be playing.

High Note Jam

Let me tell you a story. When I was five years old, I was an idiot. I thought I’d look cool riding my rusty one-speed bicycle with training wheels in circles around razor sharp storm drains without wearing my helmet. An hour later I was in the emergency room getting stitches sewn into my head. I was crying uncontrollably, though it had nothing to do with pain. It was because I was on the verge of being late for the Sesame Street Live show that was coming to the Mississippi Coliseum that night. Kids love stuff like this. Tickets are $15.

New Law on Listing Your House

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City of Jackson Christmas Parade

The event description that I’m reading says “Usher in the Yuletide Season son as to who this “Yuletide Season son is. There’s the possibility of Jesus, though that may be too obvious. I’m hoping for either a new reinder or a press conference announcing a sequel to Jingle All the Way.”
Several first year UMMC students got together on a Saturday in October to play a volleyball tournament at Liberty Park in Madison. The tournament had representatives from the School of Dentistry, the School of Medicine, the School of Graduate Studies, and the School of Medicine. Each team brought various hygiene items to donate to the Opportunity Center, a day shelter for homeless people in Jackson. The Opportunity Center helps people to find jobs so they can get out of homelessness. The first year dental students defeated the first year medical students in the finals to come away with the win.

As a kid I couldn’t resist the charms of Christmas—the lights, the cold weather, the warm smells of cookies baking and cider simmering, and of course the presents. However, as I’ve grown older the magic of the yuletide has begun to wane for me. Don’t get me wrong, I still love me some holiday fudge and Claymation re-runs of Rudolph and company, but another seasonal festivity is fast becoming my new favorite: Halloween.

Halloween may best be known as a time of horror movie marathons and commercialization via the candy companies (rivaled only by the trading of chocolates and candy hearts on Valentine’s Day), but for me it also represents a night of endless possibility; for just that night reality gets turned on its head and anything becomes possible. You can be anything that you want to be, and usually without being questioned beyond the obligatory “what are you supposed to be?”

So when I heard that the Medical Student Family Alliance at UMMC was hosting its first Spooky U Trunk or Treat event benefiting the Blair E. Batson Hospital for Children, I went barreling to my laptop to send an email to one of my professors asking if the School of Pharmacy could PLEASE participate. She excitedly said that we could, and our preparations were underway. Committees were formed (and subsequently a “fairy tale” theme was decided upon), candy donations were collected, treat bags were stuffed, and paper candy canes and gumdrops were drenched in glitter (which I am still finding in the nooks and crannies of my car).

As we began setting up our booth in anticipation for the families to come through, I couldn’t help but think how appropriate it was that an event for Batson was being held during the Halloween season. As I’ve said before, I see Halloween not just as a night for parties and costume contests, but also as a night of possibilities. When would be a more perfect time to show our support for an institution that regularly works miracles in the lives of children and changes their reality?

To say that we all had fun that night would be a fairly accurate statement. From passing out candy and seeing what costumes were this year’s must-haves (incidentally, I might need to rethink my pirate ensemble and go more in the ninja direction), to participating in a cupcake walk and posing for photo-ops, both trick-or-treaters and volunteers alike took the Halloween adage “eat, drink, and be scary” to heart (particularly the “eat” portion—I’m told that over $1,000 was raised off of BBQ dinners alone!). And to make memories of the night even sweeter (no pun intended, I swear), the School of Pharmacy’s booth was named the “People’s Choice Award” winner; the Family Medicine Interest Group claimed the title of “Judge’s Pick for Best Booth.”
On October 25, the Medical Student Family Alliance (MSFA) hosted the 1st annual Spooky U Trunk or Treat event benefiting Batson Children’s Hospital. Families had the opportunity to trick or treat at booths set up by UMMC student groups. In addition to other fundraising activities, barbecue plates were also sold with all proceeds benefiting Batson.

“The purpose of the Family Alliance is to support medical students and the community. We were excited to plan an event that was geared towards students from all UMMC schools and also the families of patients from Batson Children’s Hospital,” said Elizabeth Briscoe, Vice President of the MSFA.

Over 250 students from 23 different groups helped create their group’s Trunk or Treat booth and passed out candy to the children. Booth themes ranged from Fairytale Characters, Athletes, and Pirates to Mad Scientists and Ninjas. Other activities included face painting, games, and a costume contest for both adults and kids.

MSFA President Charla Howard was excited about the success of the event. “I was amazed with the enthusiasm of all the groups who participated and the number of families that attended. We also spoke to many Blair E. Batson families who attended and they had a wonderful time.”

Briscoe added, “The success of Spooky U surpassed our expectations considering it was the first time we held this event and we look forward to planning it again.”

For more information on the Medical Student Family Alliance, please email ummc.msfa@gmail.com or visit their Facebook page at facebook.com/familyalliance.

The M1 class has officially conquered the first twelve weeks of school by making Gross Anatomy lab our late night friend and the library a second home. The next eight weeks for the M1 class are going to be a cycle of studying, eating, sleeping - repeat. Although the first half of the semester was busy transitioning into medical school, we have participated in a few activities that did not include school books or podcasts. Two teams from the M1 class played in a volleyball tournament to raise toiletries for the Jackson Opportunity Center put together by Jonathon Peeples, M4. One team placed second while the other team placed third. Apparently, our teams became involved in an intense rivalry with the also competing dental students that ultimately won the tournament. Healthy competition always spices things up! To get involved with the community, we assembled a pirate-themed booth at Spooky U for Blair E. Batson. It involved handing out candy, playing games with trick-or-treaters, and oohing and aching over adorable Halloween costumes. Over in the intramural corner, our flag football team did well this year by going to the semifinals in the playoffs. Also, our class elected officers this year with a record number of students running for offices. Here is a list of the new M1 class officers by title then name: President - Sarah Ali, Vice President - Mina Tahai, Secretary - Meghan Giurintano, Treasurer - Clark Cutrer, Liaison Committee Chair - Jordan Gunn, Curriculum Committee Chair - Harrison To, Diversity Chair - John Bullock, Community Service Chair - Logan Rush, Social Chair - John Ball, Intramural Coordinator - Summer Abraham, Health Care Officer - Cody Robertson, Historian - Eden Johnston, Missions - Erin Hyatt. Lastly, a fellow M1 was blessed with a baby boy on October 2, 2012, at 11:06 PM. Beau and Grace Granier are the proud parents of Richard Lowell Granier IV. The proud father says that they call him “Wells.” “We definitely have the cutest class mascot! That is all on the M1 side of things. It is finally that time of the year for hot chocolate, apple pie, carving pumpkins, eating turkeys, and ALMOST for Christmas carols. Don’t miss out! Get outside and carve a pumpkin or two.

Happy Studying!
Eden Johnston, M1
We raised enough money to be able to donate $1,200.00 per charity! We're donating to Batson Pediatric Oncology, Baptist Cancer Clinics, and American Cancer Society.

**Diabetes Walk**

Students of the School of Nursing participated in the Diabetes walk Sunday, October 7th here in Jackson. All together the nursing school had 16 walkers participate, and helped raise close to $400. The money that was raised stayed here in Mississippi to help children and adults with diabetes. There was a t-shirt giveaway from the Saints and Stinky Feet for people of the School of Nursing team who participated. This was yet another way for the students to come together on a beautiful day and help raise money for the many in need.

**Risk Factors- The Female Athlete Triad:**

**Dietary/Menstrual Dysfunction**

- Restricted dietary intake
- Prolonged exercise
- Low self-esteem

**Exercise/Sports Training**

- Dieting early in the teenage years
- Beginning sport-specific training young age
- Family dysfunction

**Psychological**

- Vegetarian
- Rapid increase in athletic training
- Abuse

**Amenorrhea**

- Frequent sports for which girls are encouraged to have a "lean" look
- Sports for which girls are recommended to have a "lean" look

**Sources**

The School of Dentistry's
ANNUAL
HALLOWEEN CARNIVAL
The Best Movies of all Time
(i.e. “Alex’s Favorite Movies”)
By Alex Touchstone

Hello again. Hope you enjoyed my last article, and I have decided to write another. This one will probably make less people mad, though I make it my practice never to underestimate the ability of women to get mad (oops). Ok, seriously, this is a list of movies that I firmly believe are some of the best ever. All of them warrant viewing at least once. So let’s begin (oh yeah, and spoiler alert for a few of these).

The Rocky movies (I-VI). This is Sylvester Stallone’s saga of a no-name boxer, Rocky Balboa, who is given a shot at the Heavyweight Championship of the World, and his career after that. It is one of the most inspirational stories ever! It’s got everything: interpersonal struggle, training montages, and even a love story mixed in. Rocky V is by far the weakest, but it is worth watching. All the rest are amazing. I’ve had long discussions with friends over which one is the best, but that’s kinda like arguing whether King David or Moses is more important to the Old Testament. Personally, Rocky IV is my favorite. Rocky has to fight an “unbeatable” Soviet boxer, Ivan Drago. Even Rocky’s wife, Adrian, tells him he will lose. The Russian has already killed Rocky’s best friend, Apollo Creed, in a fight. One of the reasons this one is the best is the training scene. Rocky trains in a barn, and out in the snow and mountains of Russia, while Ivan Drago trains inside with the best technology of the Cold War era. Rocky runs up mountains and cuts down trees, while Drago takes steroids. The old school method adds to the American nationalism elements of this one. And with the, “If I can change, and you can change…” speech at the end, Sly Stallone single handedly brought down the Berlin Wall and ended communism (sorry Reagan fans). I’m just gonna say, it sounds like someone else… And as long as we’re thinking a little deeper, how about the ending with Batman willingly taking all the blame for Harvey Dent’s crimes, and saying he can be whatever Gotham needs him to be, he doesn’t care about being viewed as the hero. That sounds like someone else too.

Some other great movies I don’t have time to discuss: Legends of the Fall, Dumb and Dumber, all the Star Wars movies, Stardust, and The Wedding Date. Yes, I said The Wedding Date. So take a break from studying and go watch one of these movies. And if you’re disappointed, well you can rest assured that the problem does not lie within any of the movies listed in this article.

Matt Wuerdeman approves this article.

Monty Python and the Holy Grail. Anyone who can tell me correctly what the airspeed velocity of an unladen swallow is can be my friend. Let’s just say this movie is the story of King Arthur told in a different way, by a British comedy group named Monty Python. And it has killer rabbits.

Gladiator. A Russell Crowe classic. Every good hero story needs a great villain, and Joaquin Phoenix’s portrayal of Emperor Commodus is one of the best movie villains ever. If you’ve seen it, this quote will send chills up your spine: “My name is Maximus Decimus Meridius, Commander of the Armies of the North, General of the Felix Legions, loyal servant to the true emperor, Marcus Aurelius. Father to a murdered son, husband to a murdered wife. And I will have my vengeance, in this life or the next.” If you haven’t seen it, go see it tonight.

The Dark Knight. The new Batman is great too, but I think this is the best of the three. Once again, Heath Ledger does such a good job as the Joker, and a hero is made stronger by having to defeat a great villain. I mean, the Joker is evil for the sake of being evil. He’s not motivated by money, power, fame, sex or anything else. He also wants to corrupt as many people as he can and make them as evil as he is. Hmmm, sounds like someone else… And as long as we’re thinking a little deeper, how about the ending with Batman willingly taking all the blame for Harvey Dent’s crimes, and saying he can be whatever Gotham needs him to be, he doesn’t care about being viewed as the hero. That sounds like someone else too.

Other than the Earth, the moon is the only other known natural astronomical object ever walked on.

Scientists voiced concern in 2012 about how radiation may be affecting humans after a recent finding of mutant butterflies in Japan with abnormal legs, eyes, wings and other mutations were discovered. The mutations were caused by radiation from the Fukushima nuclear accident which was triggered by a major tsunami in March 2011. The tsunami was a direct effect of an earthquake.

Humans and giraffes both have seven vertebrae bones in the neck. It’s not unusual for a mammal to have 7 vertebrae bones in the neck but it’s interesting that the long neck of a full grown giraffe has the same amount.

Over 3 million people globally each month search for something online with the words interesting facts in it according to the most popular search engine.

There are no land snakes in New Zealand. It’s part of New Zealand’s security to keep all snakes out and if a person is aware of a snake, by law it must be reported.

Buttermilk does not contain any butter.

Did you know Disneyland does not sell chewing gum? Walt Disney did not want guests inconvenienced by stepping on gum purchased in the park.

Each year Disneyland uses over 5,000 gallons of paint to maintain the clean appearance of the park.

1. Cal Ripken’s consecutive-games streak began on May 30 of what year?
2. According to the Central Office of Information in London, Queen Elizabeth’s all-time favorite TV show is which classic American situation comedy?
3. Can you identify a rich, creamy sauce of butter, egg yolks and lemon juice that is named after a European country?
4. From February 24 to March 6, 1836, 180 people, including Davy Crockett and Jim Bowie, were killed at which chapel?
5. When she won the Best Actress Oscar in 1989, she became the oldest person to ever win the Academy Award as Best Actress. Who was she, and for what film?
We love you, Mrs. Norma!

Growing up I had the distinct pleasure of travelling to both sets of grandparents’ houses every year for Thanksgiving—typically my family will go to my maternal grandparents’ house a day or 2 before the official holiday, and then we spend the entirety of Turkey Day camped out in my paternal grandparents’ living room whilst gorging ourselves on Mimi’s homemade stuffing and watching the football game on their comically humongous television.

I reminisce about these Thanksgiving visits in part because of the new family I’ve had the opportunity to enjoy—according to a recent report by the Department of Agriculture, 1 out of every 7 households in the US has some level of food insecurity; 30% of these households have “very low food security.” It almost seems unfathomable to me that, even in these strained economic times, we still have people in our own cities that go without one of the basic requirements for living.

So whether it’s the mentality of coming together with the rest of the UMMC students to meet the needs of our community, or if it’s just my own fond memories of the TV remote on Black[out] Thursday, my fellow pharmacy students and I have devised an ingenious little philanthropic event to encourage some interaction and fierce (yet friendly) competition between the various schools on campus.

We’re calling it “The Hungry Games”—an annual competition inspired by the Suzanne Collins novels, to be held during the first 2 weeks of November (the 1st-17th this year). Each school will work to raise as much in food donations as they possibly can, with the competition concluding in a final weigh-in of donations from each school—the weight of each school’s donations will be divided equally over the entire student population for that school (think of it as a donation per capita). The school with the most in donations per student will be the “victor” for that year, claiming eternal fame and glory (and from what I hear possibly a trophy) for their intrinsic awesomeness at stockpiling non-perishables. All donations will then be compiled into one UMMC donation to be given to Stewpot Community Services, a local philanthropic organization that works to feed the less fortunate in the Jackson area.

For questions, comments, or concerns, please contact either Dylan Lindsay (dllindsa@go.olemiss.edu) or Dr. Lauren Bloodworth (bloodworth@umc.edu).

And may the odds be ever in your favor.

By Dylan Lindsay
The UMMC chapter of the Student National Medical Association (SNMA) hosted its 1st Annual Bone Marrow Bowl-A-Rama on Friday, September 28th at the Strike Entertainment Bowling Alley to raise money for the MS-LA Leukemia and Lymphoma Society. The MS-LA Leukemia and Lymphoma Society’s mission is to cure leukemia, lymphoma, Hodgkin’s disease and myeloma, and improve the quality of life of patients and their families. Being that September is blood cancer awareness month, the timing of this fundraiser was very appropriate. Local businesses and organizations were asked to sponsor a lane or to simply make a donation to help with this great cause. In return for sponsoring a lane, organizations were given the opportunity to have five players come out and bowl two games. The following teams competed in the two game tournament: UMMC chapter of the Student National Medical Association (SNMA), UMMC Occupational Therapy School, Family Medicine Interest Group (FMIG), Wright’s Logging, the East Metro Family Clinic, and MS Youth Sports Association. The winner, MS Youth Sports Association, went home with a trophy and bragging rights for a year after beating the competition with ease. Other sponsors included Terry Medical Clinic, Dr. Malcolm Taylor of Jackson Cardiology Associates, Reddix Medical Group, Wofford Consulting, UMMC Division of Multicultural Affairs, Mr. Alfredo Donaldson and Dr. Shirley Donaldson, Felix A. Okojie, Mississippi Medical and Surgical Association (MMSA), and Warren L. Martin. Although it was an extremely competitive tournament, the atmosphere was light, fun, and family friendly. In the end, the event raised over $2000 and received local attention by the WLBT3 news.

Meet the Editor

Mary Catherine Stone is a D4. She enjoys Ole Miss game days (even when we lose), gluten-free baked goods, and Christmas party planning. Her greatest ambition is to win at board games. Any of them.

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Listening to: “Always Gold” by Radical Face

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Recovering from: NBDE II

Gaming up for: Thanksgiving

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What a crazy, crazy month it has been! I fully realize that I am not giving you your money’s worth with this tiny note. My life lately has been consumed with national boards, community health, competencies, best friends’ weddings, and one big ‘ole presentation all the dental seniors have to give… and not so much Murmur-ing. But not to worry! There are six more Murmurs to come! Which, incidentally, coincides with the number of months I have left until I can legally drill in people’s mouths on my own. Provided all went well with that board business I mentioned above. Until then, I will be distracting myself with finishing requirements, finding the perfect Class II and III carious lesions for the spring, and planning what I expect to be a pretty epic Christmas party. I hope everyone is enjoying this craziness as much as I am! That was a bit insincere. Nevertheless, happy fall, everyone!

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Recovering from: NBDE II

Gaming up for: Thanksgiving

Thankful that: “…the mountains may depart and the hills be removed, but my steadfast love shall not depart from you, and my covenant of peace shall not be removed.” (Isaiah 54:10)

What a crazy, crazy month it has been! I fully realize that I am not giving you your money’s worth with this tiny note. My life lately has been consumed with national boards, community health, competencies, best friends’ weddings, and one big ‘ole presentation all the dental seniors have to give… and not so much Murmur-ing. But not to worry! There are six more Murmurs to come! Which, incidentally, coincides with the number of months I have left until I can legally drill in people’s mouths on my own. Provided all went well with that board business I mentioned above. Until then, I will be distracting myself with finishing requirements, finding the perfect Class II and III carious lesions for the spring, and planning what I expect to be a pretty epic Christmas party. I hope everyone is enjoying this craziness as much as I am! That was a bit insincere. Nevertheless, happy fall, everyone!
After Kala Harvey of Sledge was hit by a car and fell into a coma, doctors said the brain-injured 18-year-old belonged in a nursing home.

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

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

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

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