Who does not thank for little will not thank for much--Estonian proverb...What we're really talking about is a wonderful day set aside on the fourth Thursday of November when no one diets. I mean, why else would they call it Thanksgiving?--Erma Bombeck...An optimist is a person who starts a new diet on Thanksgiving Day--Irv Kupcine...Thanksgiving dinners take eighteen hours to prepare. They are consumed in twelve minutes. Half-times take twelve minutes. This is not coincidence--Erma Bombeck...We have been the recipients of the choicest bounties of Heaven; we have been preserved these many years in peace and prosperity; we have grown in numbers, wealth, and power as no other nation has ever grown--Abraham Lincoln...Gratitude is a quality similar to electricity: it must be produced and discharged and used up in order to exist at all--William Faulkner
Throughout our lives we hear and use a lot of different expressions that we may or may not really understand. Many times we do understand their meaning, but when it comes to explaining it to others we can be at a loss for words. The expressions seem to be regional. It was in Texas that I first heard the saying “Big hat, no cattle”, which I interpret to be, in modern speak, “a pose”—someone who looks and acts the part, but has no substance underneath it all. When I moved to Mississippi over eleven years ago, I was introduced to, “That dog won’t hunt”, which is one that I understand but won’t insult you by trying to define it to professional southerners.

One of my favorite expressions, which has actually been a guide for me in my life, comes in a few different forms, “Don’t take that for granted” and “They are taking that for granted”, and “We take that for granted”. I’m sure we have all heard a dozen more uses of that same sentence.

My first experience with that expression came to me one Thanksgiving when I was growing up in Wyoming. My dad was an electrical engineer who had just finished his master’s degree and was beginning work on his PhD. He decided that he wanted to take some time off and get back to his roots, which was farming. We moved from Salt Lake City, to a small town in Star Valley, Wyoming. The town of Thayne had a population of 200 (when my family came to the town we had about a 5% impact on the population). This thriving metropolis had a feed store, two gas stations, two bars, one church, a lot of cowboys, beautiful in the summer and buried in snow each winter. It was quite a change from the city life we had enjoyed 200 miles to the south.

Star Valley is a beautiful place located in a high mountain valley just south of Jackson Hole. Our ranch covered 160 acres and was bordered on the west by the Salt River. We had elk and deer grazing along the trout-filled river and ducks and geese flying overhead. Winters were cold and dark but our home was always warm with a roaring fire in the fireplace. I was the youngest of seven kids in the family and always looked forward to the holidays when my brothers and sisters would all be together. We treated our first Thanksgiving in Star Valley the same as we always had in Salt Lake. A couple of days before Thanksgiving my mom went to a store in Afton, about twenty miles away, to buy our turkey and all of the trimmings for what was going to be our first country Thanksgiving. We quickly found out that with a limited population base to support a small country market, stores in Star Valley typically don’t keep a lot of excess goods on hand. We were horrified to find no turkeys at the store. It was hard to imagine Thanksgiving with no turkey. The stores in northern Utah were brimming with turkeys—there was never a shortage. We had taken for granted that there was always a turkey with our name on it just waiting for our oven. Fortunately for us it was goose season in Wyoming, and my dad was a pretty decent bird hunter; otherwise, we would have been bursting out the Spam (the stores had lots of that). That was the first and only Thanksgiving when my family and I decided that we would not order our Christmas dinner from the local restaurant.

It was hard to imagine Thanksgiving with no turkey. The stores in northern Utah were brimming with turkeys—there was never a shortage. We had taken for granted that there was always a turkey with our name on it just waiting for our oven. Fortunately for us it was goose season in Wyoming, and my dad was a pretty decent bird hunter; otherwise, we would have been bursting out the Spam (the stores had lots of that). That was the first and only Thanksgiving when my family and I decided that we would not order our Christmas dinner from the local restaurant.

So what does it really mean to “take something for granted”?

The most innocent sense of the word, it means to believe that something will always be there, regardless of your own actions. However, it can also be defined as a belief that you are entitled to something, regardless of your own actions or initiative. This can lead to disappointment, violation of the second definition often leads to anger and resentment and stagnates progress. Whether it be our current education or employment, each of us has to go through an application process. The very nature of an application process typically means that some will be accepted and some will be rejected. As I consider the 38,000 applicants for medical school the year I applied and realize that only about 18,000 were accepted, I am incredibly grateful for the opportunity that was given to me. Over one-third of those who applied did not get the chance to fulfill their goal. Although the number may change, the situation applies to all educational programs in healthcare. There are times when we may be angry at our employer or institution, but tempering those feelings with gratitude for the opportunity provided to us to work and care for our families, or to prepare for our future, can help us maintain the correct attitude to resolve concerns and focus on the task at hand, ultimately leading to personal success and the success of our organization.

Whether we consider it blessings, good fortune, fruits of our labors, or plain old luck, I hope that each of us will take the time during this Thanksgiving season to recognize all that we have and with a deep feeling of gratitude make every organization and every individual that we touch better for having known us. Happy Thanksgiving!

Jon Steadman, M4
Thanksgiving is upon us. While we are all excited about turkey and dressing, fellowship with friends and family, and just a few days off of our busy lives, we often remember during this time of year the people and things in our lives for which we are thankful. Here at the dental school, we have had the opportunity to think about faculty members who have had a positive impact on our lives as we are losing two wonderful professors in the upcoming months. Speaking for ourselves, we are extremely thankful for the time we have had to learn under Drs. Frank and Cheryl Serio. They have been wonderful teachers in the classroom, clinic, and in the community. They have taught us far more than admitting patients and performing periodontal surgery but have given us lessons on life—interacting with patients, giving back to the community, leading a balanced life (and making caramel ice cream)—both through their words and more importantly, through their example. The Serios will be missed immensely, and we are very grateful for our time spent with them. In light of this, we wanted to know who at UMC has impacted the lives of our fellow students, so we asked “Who is the faculty or staff member who has most positively influenced you throughout your time at UMC?”

Stefanie Sautter, D3  
SON Seniors

While there are many people who have influenced us during our time at the SON, from encouraging words to helping us study for a test, one person stands out as an inspiration. Mrs. Jean Marks helped us not only understand the nursing process, but also what being a nurse truly means through showing compassion and empathy. Her wisdom will always remain with us. When our time at UMC is complete, we will never forget that "idiot Jean Marks."

Lauren Stoltzner, PT 3

This is an easy question, one without thinking. Dr. Paula Stubbie has been the most influential teacher during my time here in school, and any school for that matter. She goes beyond teaching course material to teaching us lessons about serving others. She is a teacher of action and we have seen her actions throughout the years. She is constantly seeking ways to help those in need. She visits garbage sales regularly to find medical equipment to be able to give persons in need. These actions have inspired many of my classmates, as well as me, to look for opportunities to serve and help others. I am so thankful for her and the example she has provided. She is truly selfless and a blessing from God. I will never forget her servant’s heart and the impact she has made on my life.

John Burns, M3

I feel like every day I learn something from someone who will never get credit for teaching me. There are so many great teachers here at UMC that it is hard to say thanks to just one. I am just thankful first and foremost for having the opportunity to be here and second for the people and process of learning that I have learned from each day.

Laura Franklin, D3

While I am thankful for every faculty at the School of Dentistry, I would like to say a special “thank you” to Dr. Frank Serio. The education that we have received from Dr. Serio has been truly outstanding. He is an obvious person for his position that is demonstrated not only in the classroom and clinic, but in his numerous community efforts as well. He has exemplified what a dentist should be. I am very grateful for his time and commitment to our education.

Lauren Tyner Crenshaw, D3

Although many names come to mind, I think the faculty member that has influenced me the most during my time in dental school would have to be Dr. Susan McCormick. She has a constant positive attitude and a professional yet caring demeanor that are great examples for students. She goes out of her way to help us with lab work, clinical decisions, and advice about life after dental school. And on top of all that, she is definitely the best dressed.

Elizabeth Woolfolk, DH 2

I am very thankful for the dental hygiene faculty as a whole. It would be hard to name all of them! Everyone is very passionate about the field of dentistry and encourage us to be the best hygienists we can be.

Spotlight of the Month: Mary Canterbury

Director of Business Operations for the School of Graduate Studies in Health Sciences

Will Singleton, Graduate Student

Q: Have there been any persons in your life that have tremendously influenced you, career-wise or in general? How so?
A: When I was in undergraduate school I had really long hair (past my waist). I auditioned for the role of Peter Pan for a summer touring company, and they asked me if I would be willing to cut my hair in a ‘boy cut’ if I got the part. I said yes, cut my hair, and got to play a male role – sort of. Peter Pan was a little boy, but I play the role... My mother joked that she lost a daughter but gained a son!

Q: What's an interesting fact about you?
A: My mother raised 7 children, and raised her daughters to be just as strong as her sons. She was my biggest supporter and made sure we could all stand on our own two feet. “Don’t count on anybody to do anything for you – do it for yourself.” My husband has also been a wonderful addition to my life. He is my #1 fan and encourages me daily.

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Come live in the heart of Fondren...
Discovering the Hidden Restaurants of Mississippi...

Janie's Pastry, Brookhaven, MS

Priya Srinivasan, M4

If you are searching for glazed doughnuts better than Krispy Kreme or crowing "chicken-on-a-stick" but the state fair has already come and gone, you should make the trip to Janie's Pastry in Brookhaven to experience some old fashioned goodness. On your way to Janie's Pastry you can smell the sweet aroma coming from the bakery when you are blocks away. Once inside the bakery, you will see faces of content customers enjoying their meals or people anxiously awaiting their turn in line, deliberating over what to order. For locals, walking into Janie's Pastry brings back childhood memories of enjoying homemade cookies and brownies with a cold carton of milk. However, do not think that Janie's Pastry only caters to the little ones, as adults can find a broad range of food and drink items including country club sandwiches, "chicken-on-a-stick," and freshly brewed coffee to go with a slice of scrumptious homemade pecan pie. Their menu offers a wide variety of lunch and baked good items for unbelievably low prices. I ordered a deluxe cinnamon roll, a chocolate brownie, a butter cookie, several mini-chocolate donuts, a sugar cookie, and a cream cheese frosted doughnut and all for $6.80. The cinnamon roll was definitely my favorite item, but all the desserts I ordered were delicious.

On any one day, Janie's Pastry offers 13 varieties of cookies and during holiday season, as many as 20 different types of cookies. Janie is open to requests from customers and is always willing to put additions on the menu. The bakery is located on Whithour Avenue in historical downtown Brookhaven. After your visit, your stomach will be glad you made the trip.

Q: How far is Janie's Pastry from Jackson? A: About 45 minutes to an hour drive.
Q: When did Janie's Pastry open? A: In 1939
Q: Do you guys get a lot of out-of-state visitors or non-local visitors? A: Yes, especially during the holiday season.
Q: In 1939 when did you guys add the lunch portion to the menu? A: We opened as a lunch place.
Q: How far is Janie's Pastry from the historical downtown Brookhaven? A: About a 5 minute drive.
Q: Do you guys get a lot of out-of-state visitors or non-local visitors? A: Yes, especially during the holiday season.
Q: Do you have any fun childhood memories of Janie's Pastry? A: When I was about four, my dad would sit me on a table, and I would watch him cut out cookies. As a teenager my friends and I would work with dad and if we got tired, we would sleep on flour sacks.
Q: When did you guys start making the doughnuts from scratch? A: My dad started making them from scratch in 1939 when I took over the place. At the time, there were no doughnuts downtown.
Q: What is Janie's Pastry famous for? A: Our recipes are German.
Q: What is the hours of operation of Janie's Pastry? A: We are open from 5:30 a.m. to 5:00 p.m., Monday - Saturday. My husband, Keith, and I (Janie Stogner) are the owners.
Q: Where do your recipes come from? A: All of our recipes either came from my father or from the original owners, Norman and Janie Traber. Mr. Traber was originally from Germany, so a lot of our recipes are German.
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Snead to forego senior season, join father in quest for Bugs Bunny

Ole Miss junior quarterback, Jevan Snead, shocked the Rebel faithful earlier this week with his announcement that he will forego his senior season in order to spend some time with his father. This surprising news could not come at a worse time for Rebel fans who are still reeling from a disappointing season in which their team failed to live up to lofty preseason expectations.

“I would like to thank Coach Nutt and the Ole Miss fans for their support these past three years, but the time has come for us to part ways,” said a sullen Snead in a recent press conference. “My father needs me more than ever.”

When prodded further by reporters, Snead reluctantly disclosed that his father has been suffering from dissociative identity disorder ever since Jevan transferred from the University of Texas. “It was my dad’s dream for me to play for the burnt orange, and when Colt (McCoy) beat me out for the starting position, my dad....he just didn’t take it very well,” Snead managed to say while fighting back tears.

When a reporter asked Snead to explain further, Snead became irate and pounded his fist on the podium, “Can’t you see? Just look at him! He’s my Yosemite Sam! Yosemite ‘bleeping’ Sam! And he won’t stop looking for Bugs Bunny! Bugs Bunny, for crying out loud!”

A heated crowd then watched in amazement as Snead’s father, as if on cue, bust into the conference room brandishing a Smith & Wesson screaming at the top of his lungs, “YEEOW! It’s a time for us to go varmint hunting! YEEOW!” The elder Snead then stroked his handlebar mustache and tipped his ten-gallon hat to the crowd before shuffling hurriedly out the door. Jevan just shook his head and slowly followed his father out of the room.

Snead will retain his final year of athletic eligibility and could return to Oxford to complete his college football career. In the meantime, however, the fate of the Ole Miss football program hangs in the balance.
ward to other holidays and special times to provide smiles to the sweet something special to bring a smile to the faces of these children. Pediatric Interest Group (better known as PIG) considers this a great opportunity to give a little 31st in a hospital bed and aren’t able to participate in these Halloween traditions. However, the members of PIG look for opportunity provide the medical students a little break to visit with each other (and have fun playing with the goodies themselves), but it more importantly provided a small treat to those who were unable to leave the hospital to go trick or treating. The members of PIG go forward to other holidays and special times to provide smiles to the sweet children of Batson.

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Dr. Ben Carson
...world renowned Pediatric NeuroSurgeon visits UMC

On November 5, 2009, we were honored to have Dr. Benjamin Carson, world-renowned neurosurgeon, speak to a group of students, faculty, and staff at a luncheon, sharing stories of his journey, ideas on healthcare, and a few well needed nuggets of inspiration. Dr. Carson is a professor of neurosurgery, oncology, plastic surgery, and pediatrics at the Johns Hopkins School of Medicine, as well as the director of Pediatric Neurosurgery at the Johns Hopkins Children’s Center, a position he has held since the tender age of 33. He is the author of many books, the most well known being Gifted Hands, his personal biography.

Dr. Carson has been the first to venture into many uncharted territories, including being the first to separate craniopagus (Siamese) twins joined at the back of the head in 1997 in South Africa. When I found out that Dr. Carson was coming, I knew I had to hear him speak, in the hope that his greatness would somehow, rub off on me. I was overjoyed when I was selected to attend not only the lunch but also the dinner which would be hosted by the Jackson Medical Mall Foundation.

At the lunch, Dr. Carson spoke about his humble beginnings and how he realized that neurosurgery was the best career choice for him—he’s good with his hands and is able to think in three dimensions. He also spoke about his hands and is able to think in three dimensions, doing what we can to better the lives of others through medicine and most of all, kindness. He also encouraged the up and coming health professionals to consider a career in primary care, for that is where we are truly needed, aiding in the prevention of the diseases that specialists are sought out to treat.

Dr. Carson stated that he feels that more medical professionals should become politicians because we are trained to think rationally and focus on the problem, instead of trying to fulfill our own democrat/republican issue—it’s a people issue. I believe we can all agree that Dr. Carson lived up to all of our expectations. I was truly inspired... Now let’s get out there and enhance our spheres of influence!
A
fter my long days on house medicine were over, I packed my bags—stethoscope and all—and headed to Bean Town, a.k.a. Boston, Massachusetts. I arrived the night before the first day of my away rotation at Harvard’s Brigham and Women’s Hospital (BWH) nervous about finding my way through unfamiliar territory and, of course, making a good impression at this potential residency spot.

The month of September was filled with days working on an Infectious Disease (ID) consult service specifically for patients with some sort of transplant history—either organ or bone marrow—or with a Hematology/Oncology past. Most of my patients lacked an immune system in some way either by harsh drugs or diseased bone marrow. For each complex case, I quickly learned that diligent attention to details was par for the course.

Some days it seemed as though anything could happen when it involved a patient minus an immune system. We came across Sweet’s syndrome? Disseminated V. zoster? Leukemia cutis? Invasive Zygomycosis? with gown, gloves, and mask for practically every patient, I worked up these rashes, fevers, and chills. The lay-out of the hospital. Many of these diseases as well as the plethora of rash shapes, colors, and textures were new to me. Donned the ID fellow and a rotating attending.

Working closely with an ID fellow and a rotating attending, I got plenty of one-on-one teaching at the bedside and on rounds while trying to work through the quarantine-care management and diagnostic decisions for our very ill patients. And, no day was complete without visits to radiology, the micro lab, or pathology department to look at slides of brain biopsies, skin tissue, and special stains.

While I wasn’t at the hospital, I was having an awe-some time exploring the city and eating lots of amazing food. Using the T-line train and my two feet, I felt the public gardens and then ate roast duck and Banh Mi Vietnamese sandwiches in Chinatown. The streets of Little Italy overflowed with homemade sweet ricotta cannoli and yummy pastries. Of course, my trip to Boston was not complete without a walk on the Freedom Trail to pay homage to Paul Revere, Ben Franklin, and the town’s Revolutionary past.

It was an unbelievable experience, one unlike any other rotation I’ve done. I recommend doing an away rotation to anybody with the opportunity—nursing, OT, medicine, etc. If you plan on casting your net in a certain location for residency or a future career, it’s a great way to network with program directors in the area, other interns, residents, and medical students who can give you priceless information on their programs. Even if you plan on staying in Mississippi, it’s a great opportunity to explore another city and, perhaps, to learn how the practice of medicine can be very different elsewhere.

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The 50th Symphony Ball

John Paul Frederick Howard Vanderlor, M4

The Mississippi Symphony Orchestra started as the Jackson Symphony Orchestra in 1944 with $100 and a dream to share music with Jacksonians during a difficult war-time. Throughout the years the symphony grew and in 1989, changed its name to The Mississippi Symphony Orchestra. The Golden Ball, the 50th Symphony Ball, was held on September 26, 2009, to benefit the Mississippi Symphony Orchestra. My wife, Christinna, and I had the pleasure of accompanying fellow M4 Paul Watkins and his wife, Karyn, and Kate Long (wife of M4 Scott Long who was on an away rotation), to the black-tie event at The Country Club of Jackson. Karyn had the job of designing the Ball’s invitation, through her work as Art Director/Designer at the Ramsey Agency marketing firm in Fondsren, for which she was rewarded with complimentary tickets to the event.

The evening started with cocktails and dinner, a live auction complete with auctioneer, and then closed with dancing led by the “Capital City Stage Band, a dozen-plus member big-band. The opening number began with Glenn Miller’s “In the Mood”, and continued with great classics, such as James Brown’s “I Got You (I Feel Good)”.

The event was a wonderful way to support a magnificent symphony. Having played cello in the Ole Miss orchestra for four years, it’s been a very special part of my life. I would like to thank Dr. Jerry Clark, the Union staff (Leigh Ann Masseoy and Parker Jones), and the Associated Student Body for providing free symphony tickets to UMMC students throughout the season. If you’ve never been to the symphony, please take advantage of this great opportunity!

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Can’t Believe It’s Not Clogging My Coronaries
Lindsey Miller, M4

Baby It’s Cold Outside
It’s November. This means a few things in Mississippi... The malls have been playing Christmas music for three weeks now; our bank accounts are empty thanks to MistieToe MarketPlace, and the weather has finally cooled down below the melting point of ethyl-2-chloropropionate (38 degrees Celsius in case you don’t want to google it.) This drastic temperature decline is our pseudo-fall -- The three weeks of the year when we can get excited about unpacking our sweaters for “football weather.” Of course, we all know that we’ll be back in shorts before Christmas, but we still cling desperately to the closest thing to autumn we have. In the spirit of this desperation, I have prepared a menu of cold weather staples. And, once again, the entire meal comes in under 700 calories or so. So, give them a shot, even if you do have to crank up the A/C in order to put yourself in the mood next month.

“Do I Eat It With a Spoon or a Fork?” Chunky Chowder
This isn’t a slopy soup that will leave you waiting for another course; this chowder eats like a meal. And, bonus, this recipe leaves you a lot of room to get creative. Like to live on the spicy side of life? Try some more crab boil. Don’t like your chowder quite so chunky? Leave out that can of whole corn. Let your inner Rocco DiSpirito loose! Oh, but in case you are watching your carbs closer than Dr. Atkins himself, the nutritional info on this one might be way off due to my creative license.

Yield: 6 servings (serving size: 1 1/2 cups)

Ingredients:
- 2 tablespoons butter
- 1 cup chopped onion
- 3/4 cup chopped celery
- 1 teaspoon minced garlic
- 3/4 cup chopped celery
- 1/2 cup all-purpose flour
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon ground thyme
- 1/4 teaspoon grated whole nutmeg
- 1/2 cup 2% reduced-fat milk
- 1/2 teaspoon shrimp/crab boil
- 1 (14 ounce) can no sugar added whole corn
- 1 (14 ounce) can cream-style corn
- 1 cup chopped onion
- 1/2 cup apple cider or juice
- 1/2 cup fresh cranberries
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Directions:
1. Melt butter in a large saucepan over medium-high heat. Add onion, celery, and garlic; sauté 4 minutes. Add potato; sauté 1 minute. Sprinkle with flour; cook 1 minute, stirring constantly. Stir in milk, thyme, pepper, nutmeg, crab boil, corn, and broth. Bring to a simmer over medium heat; stirring frequently. Cover, reduce heat, and simmer 20 minutes or until potato is tender, stirring occasionally. Stir in crab, pansey, and salt; cook 5 minutes, stirring occasionally.

2. To prepare filling, combine apples and next 7 ingredients (apples through dash of salt). Spoon apple mixture into a 13 x 9-inch baking dish.

3. To prepare topping, combine oats and remaining ingredients. Sprinkle over apple mixture. Cover with foil; bake at 375° for 40 minutes. Uncover; bake an additional 20 minutes or until topping is crisp and juices are thick and bubbly.

*Recipes are adapted from Cooking Light, the source of this nutritional information. Therefore, estimations may be inaccurate due to alterations made to original recipe.

“So Good Make You Slap Someone Else’s Mama” Peppery Cheese Biscuits
Okay, I know you’re scared. You’re thinking, “Me? Make biscuits? I’m not a gray haired lady named Erma?” Well, stop doubting yourself, Thomas! You can do this! The key to biscuits is not overworking the dough. Less is more. Too much man-handling and you’ll be serving up hockey puck. But, let me say, the food processor really does help out a ton in this recipe. I know that not everyone received a food processor for their birthday last year, but I’ve read that a blender will substitute decently.

Yield: 12 servings

Ingredients:
- 2 cups all-purpose flour
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup grated cheddar cheese
- 1/2 cup all-purpose flour
- 1/4 cup unsalted butter, cut into small pieces
- 1 cup low fat buttermilk
- 1/2 teaspoon salt

Directions:
1. Lightly spoon flour into dry measuring cups; level with a knife. Place flour and next 4 ingredients (through pepper) in a food processor; pulse 5 times or until well combined. Add cheese and butter; pulse 5 times or until well combined. Place mixture in a large bowl. Add buttermilk; stir just until moist.

2. Turn dough out onto a floured surface. Knead lightly about 5 times. Drop dough into 12 biscuits on a baking sheet coated with cooking spray. Bake at 450° for 15 minutes or until golden.

*Calories 129, Fat 4.7g, Cholesterol 13mg, Carbs 17.4g, Fiber 0.6g

“Is That A Yankee Candle in the Oven?” Apple-Cranberry Crisp
This desert is what happens when Gooey, Crunchy, Warm, and Sweet have a love child. Yeah, don’t think about that too long; just know that I’m trying to say that it’s real good. Plus, it’s not too bad to make, maybe only 30 minutes of prep time (if you can find some sueter standing around in the kitchen to help you peel and slice apples.) And if you want to really look like Martha Stewart, wait to uncover it for the last 20 minutes until you serve dinner. That way, it’s hot and ready at the perfect time. Serve it with some vanilla ice cream, and you might have to take the night off to accept your James Beard Award.

Yield: 10 servings

Ingredients:
- 9 cups peeled, sliced Gala apples (about 3 pounds)
- 1/2 cup all purpose flour
- 1/2 cup apple cider or juice
- 1/4 cup maple syrup
- 2 teaspoons all purpose flour
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- Dash of salt

Directions:
1. To prepare filling, combine apples and next 7 ingredients (apples through dash of salt). Spoon apple mixture into a 13 x 9-inch baking dish.

2. To prepare topping, combine oats and remaining ingredients. Sprinkle over apple mixture. Cover with foil; bake at 375° for 40 minutes. Uncover; bake an additional 20 minutes or until topping is crisp and juices are thick and bubbly.

*Calories 282, Fat 8.5g, Cholesterol 12mg, Carbs 50g, Fiber 6g
Daylight savings has ended, the days are growing short, and you’re jonesing for ways to stave off Seasonal Affective Disorder. Well don’t bust out the Zoloft and phototherapy just yet. Thanks to Walter Frederick Morrison and a series of fortunate events, therapy is just 175 grams of round plastic away. Morrison invented the plastic flying disc in 1946 and dubbed it the Pluto Platter. After being sold to the Wham-O toy company in 1957, Morrison’s Pluto Platter had a rough go. Then, in 1964, “Steady” Ed Headrick became head of research and development for Wham-O. Ed was a World War II veteran whose job experience included pioneering stints as a deep-sea welder and a water heater salesman, and he set about giving the Platter an overhaul. His innovative designs made the disc more stable in flight and allowed it to be thrown accurately over long distances. The actual “Frisbee” name came from the Fribbie Pie Company in Connecticut; Yale students had long held yearly Fribbie Pan Flying Events, and Ed arranged to purchase the name. He redirected marketing towards teens and adults, forever establishing the Frisbee as much more than a toy. Ed Headrick became known as the “Father of Disc Sports” and went on to found the International Frisbee Association, invent various games utilizing the flying disc, and eventually became a Frisbee himself. No seriously… upon his death in 2002, his cremated ashes were made into several discs and distributed to family and friends.

In honor of Mr. Headrick, this month’s column is devoted to all things Frisbee. In its simplest form, all one needs is a nice day, an open field, a disc, and a partner (human or canine). Frisbees come in various sizes and weights, and there are even dog specific discs that are apparently easier on the gums and are designed to better withstand chewing. If you’re up for something more competitive, head to one of the local disc golf courses. Stop by Academy Sports to grab some discs; they’re designed for different distances much like golf clubs, and there are even pay-to-play courses and dog specific discs that are apparently easier on the gums and are designed to better withstand chewing. A quick jaunt out to Brandon to the Rez disc golf course is well worth the drive. Here you’ll find 18 holes set amongst the backdrop of the Ross Barnett Reservoir. If you don’t mind a little longer drive, there are some holes and includes some pine groves and water hazards to up the challenge. A quick jaunt out to Brandon to the Rez disc golf course is well worth the ride. Here you’ll find 18 holes set amongst the backdrop of the Ross Barnett Reservoir. If you don’t mind a little longer drive, there are great courses nearby. These include Moccasin Bend in Morton, Redbone Road in Vicksburg, and Lake Lincoln State Park down around Wesson. Many of the courses offer nearby camping in case you decide to make a weekend of it. Check out http://www.dgcoursereview.com for additional disc golf courses and information.

Another flying disc sport that has become internationally popular is Ultimate Frisbee. The sport origins can be traced to the late sixties, when a group of students from Columbia High School in Maplewood, New Jersey, adapted the game from a form of Frisbee football and codified the rules. Joel Silver was among the most instrumental during the early stages and formed the first collegiate club upon matriculation to Lafayette College in 1970. Ultimate became increasingly popular, leading to national and then international competitions. From tournament play to pick up games, you can find many opportunities to get involved at http://ultimatehandbook.com/blog. A variety of other games have become popular over the years since the original Frisbee was introduced. These include DodgeDisc, Crobee, and Fricket. As you would expect, they combine elements of dodgeball, lacrosse, and cricket with the use of a disc. If these don’t challenge you enough, maybe you’d prefer a game of Spanish Horseshoes? There aren’t many better ways to combine a flying plastic disc, a cool beverage, and raw athleticism. Various other games are invented and perpetuated daily... which just goes to show: With a Frisbee in hand you should have no problems kicking the 4pm-Sunset-Blues. So start early, grab a disc, and have fun…”Steady” Ed wouldn’t want it any other way.

Life is a gift - each day requires that we embrace what we are given. Life allows us to adapt and change - respect your life and live with focus.

Feel good, look good and stay healthy - at any age and through every stage of your life. Take care of yourself inside and out. Be intentionally well.
The UMMC QEP: Our Drive, Our Opportunity

I am sure everyone has seen around campus the unique posters with the lightbulb and the letters QEP in the center, but not everyone knows what the letters QEP stand for and what it is about. QEP stands for Quality Enhancement Plan, and it has been the mission of UMMC to develop a five-year long, campus-wide effort that focuses on a single aspect of student learning – or the student learning environment – that we (UMMC students, faculty, alumni, etc.) have identified as an opportunity to improve. To understand exactly what our QEP entails, one must understand exactly why the hospital feels it is so vitally important.

The Southern Association of Colleges and Schools (SACS) is the regional body for the accreditation of degree-granting higher education institutions in the Southern states. The Commission’s mission is the enhancement of educational quality throughout the region, and it strives to improve the effectiveness of institutions by ensuring that institutions meet standards established by the higher education community that address the needs of society and students. It serves as the common denominator of shared values and practices among the diverse institutions in Alabama, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, South Carolina, Tennessee, Texas, Virginia, Latin America, and other international sites approved by the Commission on Colleges that award associate, baccalaureate, master’s, or doctoral degrees. Each institution receives a level based on how many post-secondary school degrees it offers. In Mississippi, Ole Miss, State, Jackson State, and UMMC are level VI schools, the highest level. UMMC voluntarily participates as member of SACS and actively participates in all requirements, one being the QEP. If the university can prove that their QEP is working and being supported on the campus, the department of education will allow access to government funds, including money for federal student loans and research grants.

UMMC established a QEP committee which consists of a leadership committee of campus leaders, including Dr. Helen Tumer who serves as the UMMC SACS liaison. The UMMC campus informational effort began in January 2009 with an e-mail message, a poster campaign, suggestion boxes, and dozens of focus groups soliciting opinions from all campus constituents. In June 2009, a formal call for QEP proposals was issued to the campus. On November 2, in the Student center, but not everyone knows what the letters QEP stand for and what it is about. QEP stands for Quality Enhancement Plan, and it has been the mission of UMMC to develop a five-year long, campus-wide effort that focuses on a single aspect of student learning – or the student learning environment – that we (UMMC students, faculty, alumni, etc.) have identified as an opportunity to improve. To understand exactly what our QEP entails, one must understand exactly why the hospital feels it is so vitally important.

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Once selected, the next year the QEP proposal will be expanded to a 75 page document describing in detail every aspect of the proposal and how the university expects to support and implement the plan. Then in 2010, SACS will visit the campus and see exactly how the QEP has flourished on campus.

When asked about our QEP, Dr. Robin Rockhold, a member of the QEP committee said, “SACS is all about the ability of a campus to provide education for students. They are looking at each program to set outcomes to determine what students think, know, and value. The QEP is our opportunity to find one place in our overall educational process where we can see things improve, set our own standards, and decide our own priorities. Above all, the QEP will make the lives of the students on this campus better.”

CAMPUS WIDE FOCUS ON PATIENT SAFETY AND QUALITY OF CARE

We propose a program of interprofessional focus centered on patient safety and quality improvement. This will involve creating new models for interprofessional collaboration with an emphasis on the basis of patient safety and health care quality. These goals can be met through curricular content and design in conjunction with disciplinary integration and will provide UMMC with the opportunity to meet its academic mission while impacting the health of Mississippians.

ETHICS, PROFESSIONALISM, AND HUMANITIES ACROSS THE UMMC CURRICULUM: A PLAN FOR CORE VALUE ENHANCEMENT

Ralph Didlake, MD

The QEP process identified expansion of the traditional biomedical curriculum into the areas of ethics, professionalism, critical and creative thinking, communication with patients, families and staff, and team work as opportunities for UMMC to improve its student learning environment. An Ethics, Professionalism, and Humanities Across the Curriculum Program addresses these needs. This interdisciplinary, campus wide program leverages existing teaching resources to weave ethics, professionalism, and medical humanities into existing programs using embedded curriculum, e-learning, and simulation.

ENHANCING EDUCATION THROUGH INTEGRATING SIMULATION INTO THE CURRICULA

John Schweinfurth, MD, Anna Lerant, MD, Jeffrey Orledge, MD, MS, FACEP; Michelle Schweinfurth, RN, MSN, CCRN

We propose a campus wide integration of simulation-based instruction to improve learning, communication, and collegiality. This intervention will be based on training in interprofessional group environments focused on problem solving, skill acquisition, and clinical reasoning which is engaging and responsive to the needs of learners. Significant infrastructural development will be made to the simulation center providing a highly-visible representation of integrative technology which should have a long-term positive impact on learning and patient care.

COLLABORATIVE TEACHING AND LEARNING CENTER

Jerry Clark, PhD, Lois Montague, M3

The Collaborative Teaching and Learning Center will promote the use of innovative instruction and offer services that focus on the teacher and the learner in both the basic and clinical science arenas. The center will support an institutional culture that values and rewards excellence and believes that the educator and the student have a capacity for improvement. It will be both a physical and virtual entity and serve as a hub for connecting an array of institutional resources and experiences.
Ten Albums We are Thankful for this Thanksgiving

1. **Song for a Blue Guitar – Red House Painters** – This album always finds its way into my playlist around the time the leaves turn to born and raised. Their debut album is raw, funky, full of fun beats, and definitely some of their best work. Each song is distinctively very few albums can. Let the music wrap you up and take you where it wants to take you. Recommended song: “Glosoli”

2. **The Earth is Not a Cold Dead Place – Explosions in the Sky** – This instrumental band from Austin, TX has a way of speaking through their music that few other bands can boast of. Don’t let the lack of words fool you, Explosions can lead you any direction they wish with their constant barrage of building guitars and banging drums. Thankfully, with winter approaching, their music tends to move toward more hopeful and sunny days.

3. **Our Endless Numbered Days – Iron & Wine** – Sam Beam is one of the best songwriters of our generation. His release of The Shepards Don’t just fortiﬁed this in my mind, but for me it all began with Our Endless Numbered Days. He has a way of mixing spirituality and reality into a lyrical soup that always tastes just right around November. Recommended song: “First Breath After Coma”

4. **In the Aeroplane Over the Sea – Neutral Milk Hotel** – This band was the gateway drug for so many of the tastes of my current region, death, and love. She wisely uses her broad vocal range and conﬁdent flair to easily make this album my favorite of hers. It shows how she can do more with her voice than advertised. That being said, it was such a cool opportunity to get to visit other institutions and see how they do Neurosurgery. I never would have imagined that they would let a guy visiting from Mississippi drive a forklift, stand in the muck, put stiches in the dirt, and take a pile of junk out. Conversely, it’s hard to describe the tension in the OR when a 4 cm aneurysm has just ruptured and blood is welling up despite both suctions going full blast. It’s both an awesome and scary reminder that we will all have MDs at the end of our name at the end of the year; it seems like such a long time ago that we realized of formaldehyde on the seventh floor. Then again, I guess four years is a longer time than it sometimes seems. We’ve come a long way as a class, and I know we will all be a part of great things in our respective ﬁelds.

5. **Takk…** – Sigur Ros – I would be remiss to leave this off a list of albums I am most thankful for. Over the last four years, I have fled neutrally on the story of Anne Frank, In the Aeroplane Over the Sea probably inﬂuenced most of the bands popular today. Recommended song: “Halo Heart Beat”

6. **Takk…** – Sigur Ros – I would be remiss to leave this off a list of albums I am most thankful for. Over the last four years, I have fled neutrally on the story of Anne Frank, In the Aeroplane Over the Sea probably inﬂuenced most of the bands popular today. Recommended song: “Halo Heart Beat”

7. **The Big Come Up – The Black Keys** – If you didn’t know this duo was from Akron, Ohio, you’d think they were Mississippi Delta born and raised. Their debut album is raw, fun, fully of beats, and deﬁnitely some of their best work. Each song is distinctly memorable. This album should be in every music lover’s collection. Recommended song: “Your Teen Year”

8. **Begin to Hope** – Regina Spektor – This eccentric beauty shows off her lyrical brilliance in this album, addressing topics such as religion, death, and love. She weaves her broad vocal range and conﬁdent ﬂair to easily make this album my favorite of hers. It shows how she can do more with her voice than advertised. That being said, it was such a cool opportunity to get to visit other institutions and see how they do Neurosurgery. I never would have imagined that they would let a guy visiting from Mississippi drive a forklift, stand in the muck, put stiches in the dirt, and take a pile of junk out. Conversely, it’s hard to describe the tension in the OR when a 4 cm aneurysm has just ruptured and blood is welling up despite both suctions going full blast. It’s both an awesome and scary reminder that we will all have MDs at the end of our name at the end of the year; it seems like such a long time ago that we realized of formaldehyde on the seventh floor. Then again, I guess four years is a longer time than it sometimes seems. We’ve come a long way as a class, and I know we will all be a part of great things in our respective ﬁelds.

9. **Manners** – Passion Pit – This 2009 album is the youngest album on this list, but it fully deserves placement in the top ten. Every single track from this electro-pop indie band is delightful in its own right. Let me just say this album is worth every penny and as a bonus, it includes the track “Sleepyhead” from their first EP, which is worth its weight in gold. Recommended song: “Moth’s Wings”

10. **Come On Feel the Illinoise – Sufjan Stevens** – With 21 tracks, 74 minutes, and some songs lasting over 20 words, this album takes some commitment. It is graceful, strange, dis- tressing, and triumphant all at the same time. Perfect while traveling, perfect while relaxing, perfect while exercising, perfect in any situation. Sufjan rarely disappoints.

Where in the World...are our M4s?

Neurosurgery
Drew Rice, M4
University of Alabama at Birmingham (7/12-8/23), Vanderbilt (9/28-10/25), Northwestern (11/3-12/4)
First off, one unavoidable characteristic about fourth year so far is that it has deﬁnitely been a busier year than advertised. That being said, it was such a cool opportunity to get to visit other institutions and see how they do Neurosurgery. I never would have imagined that they would let a guy visiting from Mississippi drive a forklift, stand in the muck, put stiches in the dirt, and take a pile of junk out. Conversely, it’s hard to describe the tension in the OR when a 4 cm aneurysm has just ruptured and blood is welling up despite both suctions going full blast. It’s both an awesome and scary reminder that we will all have MDs at the end of our name at the end of the year; it seems like such a long time ago that we realized of formaldehyde on the seventh floor. Then again, I guess four years is a longer time than it sometimes seems. We’ve come a long way as a class, and I know we will all be a part of great things in our respective ﬁelds.

Gastroenterology
Molly McVey, M4
Baylor Medical University at Dallas
So I have been back from Dallas almost 2 weeks now and the high is slowly wearing off, but not completely gone yet. When I was considering doing an away rotation back in the spring, I wanted to go somewhere that I knew someone to stay with. I have family in Dallas, so they won the toss. I spent the month of October with them while I was doing an away rotation at Baylor Medical University in Dallas. I had decided to do a sub-specialty month in GI because I don’t get a lot of sub-specialty experience on medicine as a M3, 2) GI is something I am interested in and 3) my Uncle and his GI group are at Baylor. So all equaled to an amazing month! Not only did I see the entire spectrum of GI diseases, but I was given the opportunity to work with some amazing physi- cians. It was a lot of shadowing, but I came to realize that in the hustle and bustle of M3 year and the beginning of M4 year, you lose site of patient care while trying to do your work, reading about your patients and trying to not to mess up. I really got to glean special qualities and attributes that I hope to incorporate in my patient care. I got to see a ton of procedures and actually learn what we looking at and more importantly looking for. Even got to drive the scope a couple of times.

But my experience at Baylor was only half of the fun. Dallas is such a great city with so much to do. We went to the Kings of Leon concert and took my 9th grade cousin with me (It was amazing). I heard Rhett Miller and the Serial Lady Killen with my Aunt and Uncle. We all went to the Texas State Fair and ate entirely too much fried food (fried butter, fried Oreo, fried pecan pie, fried chocolate cupcakes...). Not to leave out all the amazing Mexican food and other restaurants throughout Dallas. I could go on, but I won’t. I just want to let you know that if you are considering doing an away rotation, I would highly recommend it. You not only get to see a new city and experience a different hospital and health care system, but you are able to appreciate the education that we have gotten here at UMC.
A first year ended and we looked forward to our summer of research, we couldn't have predicted what the fall would bring. Mubina Imani and I were honored to have the chance to work for Dr. Thomas Abell, a world renowned physician and researcher in the area of gastroparesis. Lindsey Holley participated in the Surgical Scholars Program, in which she was paired with Dr. Christopher Lahr, a board certified colorectal surgeon in the department of general surgery who works with Dr. Abell and implants many of the gastric electrical stimulators used to treat severe gastroparesis.

A couple of weeks into the summer, Dr. Lahr encouraged us to pursue some topics we were curious about: pain, migraines, and depression associated with gastroparesis. We worked into the evening on several occasions combing data mines, running statistical analysis, and writing our findings into abstracts that we submitted to conferences mere hours before deadlines. One of the conferences to which we submitted our abstracts was in South Korea, and Dr. Lahr kept us posted with the news reports of nuclear threats from the North, emphasizing that these threats could only help our chances of getting accepted for poster presentations. However, we didn't really count on getting accepted and so just pushed ahead with new findings and projects, hoping that out of the many conferences we applied to, we might get accepted to one. Then, the results: all abstracts were accepted to the International Neuromodulation Society in Seoul Korea for both poster and oral presentations in the Plenary session.

In September, we three second year medical students—Lindsey, Mubina, and I—traveled to Seoul, along with Dr. Lahr, to present our research. We proudly hung our posters, met many esteemed physicians, attended some talks, and then Dr. Lahr decided we should see Seoul. We went to the demilitarized zone where we peered into North Korea and walked through tunnels designed for the invasion of the South. We visited a South Korean folk village where we learned about traditional South Korean ways of life. We went to the highest tower of Seoul and looked out on a robust modern city of 25 million people stretching for miles around us. Then on the last day of the conference we each walked to the podium and delivered a synopsis of our research.

We are incredibly lucky to have such supportive supervisors and mentors as Dr. Abell and Dr. Lahr. While it is certainly exciting to have the opportunities to travel, perhaps more valuable have been the excitement of discovery and an education of our research: 5 consecutive oral presentations of research from the University of Mississippi Medical Center.

Alan Torrey’s TOP 10 List: Have you Ever...?

1. Said, “If that person is well enough to walk to the street with his IV pole to smoke, then that person is ready for discharge?”
2. Lied about hearing a heart murmur at Friday’s at the bedside or rounds?
3. Given directions to McDonald’s?
4. Attended an interest group meeting based solely on the free lunch menu?
5. Visited the internet café or played other internet games during a lecture?
6. Wondered how much the laundry bill at UMC would be if everyone actually returned their scrubs like they are supposed to instead of washing them at home?
7. Stripped class strictly on who was lecturing?
8. Parked in a paid parking lot or garage because you refused to park in the alternative lot a mile away?
9. Written “doing well” or “passing gas” on a daily progress note?
10. Gotten to the ASB party 30 minutes after it started and the free tab was already gone?
Editor’s Note: My Thanksgiving

I come from a large family. My parents have 5 children and 7 grandchildren, with an 8th on the way. Of the five siblings, Josh is the oldest and lives in Arizona with his wife and 2 cute little girls. Holly falls next in line and is the only girl. She and her husband call Atlanta home and are proud parents of three children (2 girls, 1 boy), with another boy on the way. Pat is a 2nd year Family Medicine resident here in Jackson where he lives with his wife and two darling girls. Adam is the youngest and now attends college at Southern Virginia University.

Each Thanksgiving I travel home to Tupelo, MS, to be with family. My mom and dad welcome home as many of their 5 children as can make the trip. Thanksgiving morning starts off with the annual Turkey Bowl—a huge flag football tournament at Ballard Park. Mom spends the morning cooking and making sure the rest of us get ready on time. We travel to Corinth, MS, where we meet our grandparents, aunt, uncle, and cousins for a gigantic feast. There is much playing with the kiddos, basketball outside, and return trips to the dessert table. We crash on couches and catch up; we plan for Christmas and enjoy company. It is a lovely day.

I have much to be thankful for. I owe gratitude to many. For my family and friends, I give thanks. For health and safety, I give thanks. For acts of kindness I do not merit, for words and prayers given on my behalf, I give thanks. For freedoms and opportunities, for the right to worship as we please, I give thanks.

The MURMUR staff wishes you a most pleasant Thanksgiving, with blessings now and soon to come.

Nicholas Whipple, M4
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