That which we persist in doing becomes easy to do, not that the nature of the thing has changed, but that our power to do has increased—Ralph Waldo Emerson...If you’re in a bad situation, don’t worry it’ll change. If you’re in a good situation, don’t worry it’ll change—John A. Simone, Sr...Now there are more overweight people in America than average-weight people. So overweight people are now average... which means, you have met your New Year’s resolution—Jay Leno...A New Year’s resolution is something that goes in one Year and out the other—Anonymous...For last year’s words belong to last year’s language. And next year’s words await another voice. And to make an end is to make a beginning—T.S. Eliot...Write it on your heart that every day is the best day in the year—Ralph Waldo Emerson...
I have heard a lot of bizarre statements throughout my life, but two of these stand out in my mind as the most ludicrous. The first came during my previous career while working as Vice President of Technical Operations for a brand new cellular telephone company. Our company’s business plan was to build and operate a cellular network throughout four states in the southeast. My particular responsibility was to build and operate all of the technical centers and construct around 2,000 cell sites in 42 months. I spent about four years meeting with the top cellular companies in the world and putting together best practices and procedures for completing the project and running the company. We had tested our processes and had proven success. As I presented the project plans and timelines to our executive management team, I could tell that the president and the CEO were skeptical of our proposal. Despite best efforts I could not get them on board, primarily due to their frame of reference, which was outdated and on a much smaller scale than the rest of us had been working on for years. Finally, I asked them what I could do to help them increase their confidence in what we were doing. Their reply came, “No Jon, you need to decrease your confidence level.” I was pretty floored that individuals in such positions of corporate responsibility could request something so ridiculous. I didn’t reduce my confidence, and we pushed forward. The end result was the most successful network deployment in the industry. Our little Mississippi company was outpacing the goliath AT&T almost 3 to 1 in construction completions. We completed our five-year build-out goals in just over two years and were under budget on the project. AT&T and Bellsouth not only hired our contractors but adopted many of the processes that we had developed. Less than two years later, the 9/11 tragedy happened, crippling the telecom markets among others. Had I “reduced my confidence level,” the company would not have hit their commitments, and my particular responsibility was to build a cellular network throughout four states in the southeast. My particular responsibility was to build and operate all of the technical centers and construct around 2,000 cell sites in 42 months. I spent about four years meeting with the top cellular companies in the world and putting together best practices and procedures for completing the project and running the company. We had tested our processes and had proven success. As I presented the project plans and timelines to our executive management team, I could tell that the president and the CEO were skeptical of our proposal. Despite best efforts I could not get them on board, primarily due to their frame of reference, which was outdated and on a much smaller scale than the rest of us had been working on for years. Finally, I asked them what I could do to help them increase their confidence in what we were doing. Their reply came, “No Jon, you need to decrease your confidence level.” I was pretty floored that individuals in such positions of corporate responsibility could request something so ridiculous. I didn’t reduce my confidence, and we pushed forward. The end result was the most successful network deployment in the industry. Our little Mississippi company was outpacing the goliath AT&T almost 3 to 1 in construction completions. We completed our five-year build-out goals in just over two years and were under budget on the project. AT&T and Bellsouth not only hired our contractors but adopted many of the processes that we had developed. Less than two years later, the 9/11 tragedy happened, crippling the telecom markets among others. Had I “reduced my confidence level,” the company would not have hit their commitments, and I wouldn’t be here writing these words today.
Discovering the Hidden Restaurants of Mississippi....

ANNE D’S BUFFET IN BRANDON, MS.

Priya Srivastava, MS

I n Mississippi and do not want to travel too far outside of Jackson, take a trip to Brandon, MS, and visit Annie D’s restaurant. It is the perfect place to eat if you have not had the time to make a trip home to mom’s kitchen for a while and also if you are in the mood for some casual dining. It is completely appropriate to show up to Annie’s D’s in either a t-shirt and flip-flops or business casual attire. Annie D’s lunch buffet is very popular amongst working professionals, and many people from Jackson, Flowood, and Brandon venture there during their lunch breaks.

A nnie Dallas Lawson is the original creator of the restaurant for the buffet. The menu is inspired by memories of visits to her country home outside of Baton Rouge, LA, where there was always “a pot of red beans on the stove, a ham on the table, and a freshly baked cake in the window.” Annie D’s childhood dining experiences are what motivated her to create a menu that offered freshly cooked food with “lots of flavor and personality.”

In Mississippi, if you are searching for the “best buffet in the state,” you do not have your classic “buffet-quality food.” We serve quality Southern food which just happens to be a buffet. You will not find your “general buffett” offerings here. The menu offers a range of southern-style dishes such as fresh fried catfish, fried chicken, and homemade seafood. The menu is inspired by the roots from both Texas and southern Louisiana.

A nnie D’s restaurant offers tasty original-recipe Crawfish Pie. Also included in the buffet are a variety of southern-style vegetables, barbeque, steaks, fresh seafood, fried chicken, and a decadent banana pudding. Everyone loves the banana pudding and it is a must-try item in the buffet.

A ll of the questions below were answered by Tom Pittman, the current owner of Annie D’s.

Q: When did Annie D’s Restaurant open?
A: We opened in February of 1998 and started out as a white tablecloth New Orleans style restaurant. However, over the years we have evolved to become a home-style restaurant with roots from both Texas and southern Louisiana.

Q: Who created the menu?
A: The restaurant is named after my grandmother, Annie Dallas Lawson.

Q: What is Annie D’s specialty?
A: We like serving people who are looking for good food. We do not have your classic “buffet-quality food.” We serve quality southern food which just happens to be a buffet.

Q: When are you guys the busiest?
A: Lunch: Monday-Friday 11:00 a.m.- 2:00 p.m. & Sunday 11:00 a.m.-1:30 p.m. Dinner: Thursday-Saturday 5:00 p.m.- 8:00 p.m.

Q: Where is the address of Annie D’s?
A: 1382 Highway 80 Brandon, MS.

Q: How much is the all-you-can-eat buffet?
A: Our buffet is $12.95 for lunch and $14.95 for dinner.

Q: How do you guys cater?
A: Sure! Annie D’s has been nominated for the best buffet in Mississippi. We are one of 5 restaurants that have been nominated and are very proud about that.

Q: How often does your menu change?
A: Myself (Tom Pittman) and son Turner, age 3, took the win for the faculty division, albeit controversially for “cheat, I ‘used all my resources’ something I replied: “I did not cheat, I ‘used all my resources’ something we have been encouraging students to do from day one.”

Q: What is Annie D’s specialty?
A: Myself (Tom Pittman)

Q: Do you guys cater?
A: We have 4 cooks.

Q: How far is Annie D’s from Jackson?
A: It’s around 30 minutes drive.

Q: Who is the current owner?
A: We get most of our business during the lunch hours.

Q: What is Annie D’s from Jackson?
A: We opened in February of 1998 and started out as a white tablecloth New Orleans style restaurant. However, over the years we have evolved to become a home-style restaurant with roots from both Texas and southern Louisiana.

Q: How does the menu change?
A: We change daily and the daily menu is posted each day by 8:00 a.m. on our website.

Q: Who is the current owner?
A: We are 1 out of 5 restaurants that have been nominated - more about that?

Q: How do you guys cater?
A: Annie D’s specialty is to create a menu that offered freshly cooked food with “lots of flavor and personality.”

Q: What do you want people to know about Annie D’s restaurant?
A: We serve quality Southern food which just happens to be a buffet.

Q: Do you think the contest boosted morale enough to have caused the rise in board scores?
A: The male winner was Tyler Burns who courageously ripped off wind pants to reveal tropical swim trunks. Dr. Brown and son Turner, age 3, took the win for the faculty division, albeit controversially for illegal use of child. The prize for each winner was a $100 gift card to Sol & Moobies. The contest was a great success and continued thanks to and support from Dr. Clark, who will be continued next year.

Q: Is there anything else you want people to know?
A: We have 4 cooks.

Q: How do you guys cater?
A: We are 1 out of 5 restaurants that have been nominated - more about that?

Q: What is Annie D’s specialty?
A: We are 1 out of 5 restaurants that have been nominated - more about that?

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Hello and Happy 2010! I hope you guys had a great break and are enjoying the first month of this New Year. My new home base for the month is Denver, CO, and the road trip out here served as inspiration for this month’s article. Old St. Nick was kind enough to leave a GPS unit in the stocking this year, and it has proven to be very helpful as I packed my things and headed westward. While getting acquainted with the new gadget, I’ve decided on this tech game of hide-and-seek for this month’s topic.

GPS or the Global Positioning System is a space-based global navigation satellite system developed by the U.S. military. Although the idea of satellite navigation was around as early as WW II, the initial steps that led to modern day GPS began in the 1970s. Initially limited to military applications, President Reagan declared that GPS would be made available to the civilian sector after a commercial airliner that drifted into prohibited airspace due to navigational errors was shot down by Soviet interceptors in 1983. By 1994, twenty-four satellites were in orbit, and in 1996 President Clinton declared GPS a dual-use system, with important military and civilian applications. Finally, in 2000, Selective Availability, which limited the resolution and thus the utility of civilian receivers, was discontinued. The first modern GPS satellite was launched in 2005, and the most recent launch occurred in August of last year. At any given time, there are around 24-32 satellites in medium earth orbit, broadcasting signals to your handheld receiver. Using information from a minimum of four satellites, and some mathematical formulae a bit beyond the scope of this article, the GPS unit is able to calculate precise information about its latitude, longitude, and altitude. Since the military opened the system for civilian use, it has been used in various applications ranging from land surveying and commercial tracking to geological studies and coordination of disaster relief efforts.

Geocaching first became popular after the discontinuation of selective availability, when civilian GPS receivers were able to more accurately pinpoint a given set of coordinates. Geocaching involves using a GPS receiver to locate hidden objects; these usually contain a logbook and may also contain any number of items depending on its size and location. The first documented cache was a plastic bucket buried in the ground in May of 2000 by Dave Ulmer of Beavercreek, OR. Within days the cache had been discovered and logged and the sport of geocaching was born. To get started, all that is necessary is a decent GPS receiver and an internet connection. The price of GPS receivers range from less than $100 into the thousands, but there are plenty of really great handheld units in the $100-$300 dollar range. Once you have the unit in hand and mastered the basics, you can log onto any of several geocaching websites to search for caches in your area. One of the best known websites is www.geocaching.com. A quick search on your Google Earth program can provide coordinates. A web search of geocaching websites will provide you with many more options.

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One of my favorite types of geocaching is called a “Trash-Out” event. A Trash-Out is a coordinated activity in which participants clean up their local environment. Trash-Outs are a great way to get outside and enjoy the weather while doing something good for the community. Many cities and towns will sponsor Trash-Out events, which can be a fun way to get out and help make a difference.

Geocaching is a great way to get outside and enjoy the weather and can really spice up your jogging, walking, or hiking routine. Why not download a few caches, throw on the sneaks, and spend the afternoon jogging around town on a treasure hunt?

One of the coolest things about geocaching, and what
I’ve really enjoyed this month in Colorado, is the way it allows you to explore a new place. Several times while searching for caches I’ve found myself led into side adventures and discovering shops, parks, and restaurants I would’ve never found otherwise. I could’ve definitely used this little distraction while cruising from hotel room to hotel room on the interview trail this winter. So, maybe you’d like to sharpen your land nav skills, perhaps you’re searching for a way to spice up your hikes, or possibly, like me, you’re harboring a little inner pirate and are just a sucker for treasure. Whatever the case, geocaching may just be what you need in your life. So grab a GPS and let the hunt begin!

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- Janet Jones: 605-321-2213
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- Karma Williams: 605-321-2206
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Valentine’s Day... February 14th...A day for loving and sharing...Love is in the air...XOXO, hugs and kisses, hugs and kisses...Cupid shooting his arrow at two love birds...Musical love song cards...First dates, anniversaries, romantic engagements...Shades of red and pink...Saying “I love you”...Candlelight dinners for two...Enjoying candy hearts...”Be my Valentine”...love songs...Hallmark Holiday...Venus, the love goddess...Exchanging Valentine cards...Romeo and Juliet love stories...Heart shaped balloons and bouquets of flowers being delivered...Sweet surprises...Anonymous love letters from secret admirers...Vday—a sweet, sweet day.  --Tiffany Skrmetti, PT1

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Pediatric Interest Group (PIG)
Santa Bag Toy Drive
Jenna Dean, M2

Each year Blair E. Batson Hospital has a toy drive to create “Santa bags” which are delivered on Christmas Eve, with Santa’s help, to the children who are spending their holidays in the hospital. The Pediatric Interest Group (PIG) participates in this service project each December by promoting it throughout the UMC schools.

Two refrigerator-size boxes were wrapped in Santa paper and placed in the Student Union and School of Medicine building to collect the toys from the generous students, faculty, and staff. It was amazing to watch the boxes fill with presents as the days passed.

The Associated Student Body also donated the toys collected at the Claus Ball to the toy drive for Batson which was a big help to PIG in making this year’s toy drive a success. Two carloads full of puzzles, games, dolls, toy trucks, and other toys were unloaded in front of Batson on December 18th by PIG and ASB officers. Thanks to all the people with giving hearts who helped spread Christmas cheer and brought smiles to the faces of the sweet children at Batson!

@ Madison Plaza
953 Hwy 51
Madison, MS
601-850-2248

on Lake Harbour
511 Lake Harbour Drive
Ridgeland, MS
601-605-9886

@ St. Dominic’s
970 Lakeland Drive
Dominican Plaza
2nd Floor
601-200-4925

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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.

theclubms.com
a Monday, December 14th, the usual group of book club followers met in the Student Union to discuss Dan Shapiro’s most recent book, Delivering Doctor Amelia. Dr. Sharon Douglas was kind enough to lead the discussion (and to purchase our next set of books). As usual, there was a wide variety of food and drinks present, and many students from the third and fourth year medical school classes came to participate. I wanted to briefly pro-

mote the book club to current non-members. I have read the majority of the books on our list so far and have been very pleased with all of the books and discussions. It is a nice break to “have to read” non-medical school books by a set deadline, and it is refreshing hearing classmates discuss exciting and complex issues outside of the classroom such as assisted suicide, medical marijuana, end-of-life, and split-second decision making. It is a great way to better know your classmates and their interests outside of the medical setting. You will be surprised with what you learn about your classmates and also with what you learn about various faculty members. To date, Dr. Sharon Douglas, Dr. Jerry Clarke, Dr. Dan Shapiro, and various book club members have lead discussions.

Dan Shapiro, the author of this month’s book, has a Ph.D. in clinical psychology and is currently Professor and Chair of the Humanities Department at Penn State College of Medicine. At the age of 20, he was diagnosed with “nodular sclerosing Hodgkin’s disease,” which then led to a five-year ordeal of chemotherapy, radiation treatments, and a bone marrow transplant that failed. His experience with cancer gave him great insight into the medical profession and doctor-patient relationships. Dr. Shapiro uses the knowledge he gained from being on “both sides of the medical bed” to treat both patients and health care professionals today. He has been treating physicians for 14 years now and has spoken to patients and health care professionals all over the country.

“Delivering Doctor Amelia” is a true story about an obstetrician whose life starts to crumble after delivering a baby with cerebral palsy. During a very long and complicated delivery, Dr. Amelia tries to juggle both the needs of the mother as a patient and the fetus at a patient. Prior to the delivery, the mother expresses to Dr. Amelia her wishes to have a natural childbirth. Complications arise when the baby’s descent becomes prolonged, and she becomes medically unstable. Red flags start to appear on the fetal heart strip, such as decreased heart rate variability. Dr. Amelia continues to try for a natural childbirth as the mother is strictly opposed to a C-section, even when early signs of danger become apparent. Shortly after the baby (Miranda) is delivered, she is diagnosed with cerebral palsy. Miranda’s parents then decide to sue Dr. Amelia for an illness they feel could have been prevented. What is perhaps most tragic about this story is that both Dr. Amelia and the patient’s family will never know whether or not the cerebral palsy is due to an error Dr. Amelia made during delivery or to other unforeseen causes.

Dr. Amelia becomes handicapped by her own inability to forgive herself and seeks help from Dr. Dan Shapiro. Shapiro aids Dr. Amelia in reconnecting with her identity as a physician and healer. He also helps Dr. Amelia in her own “delivery” from the burden of guilt she feels because of past errors in judgment.

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So you have survived the holiday season, and now find yourself faced with a few dilemmas. Like, when will I start to remember to put “10” when I date my notes? Or, when is NOW Music 75, Best of the 2000s, going to be released? Or, possibly, how am I ever going to be ready for swimsuit season in a mere three months? Well, look no further on the latter. Instead of spending your evenings watching The Biggest Loser while munching on tortillas, you’ve got a couple of options. There’s always the fad diets. I mean, who doesn’t like spending a month consuming nothing but grapefruit juice and cod liver oil with a maximum radius from the bathroom limited to 25 feet. If that’s not your style, you can decide to give the Plastic Surgery residents a bit of practice and opt for lipo. Not the cheapest of options but always a crowd pleaser. But, if you’re old fashioned like me, you’ve probably once again resolved to eat better and exercise. Well, I can’t help you at all with the exercise part. It’s the best I can do to not fake a cramp and leave in the middle of a spinning class. But, the eating better part, there I can offer some direction. Here is one more option of a side dish in case you aren’t into the mashed taters. It’s a great choice, especially if you don’t know what to do with the extra shallots from the chicken, or if you’ve slipped on the diet that morning and have already fried up some bacon. Sorry there isn’t a picture of this one, but I think you can use your imagination.

**Eat More Chicken with Balsamic Bell Peppers**

Tired of plain, dry chicken when you’re trying to watch what you eat? This is one of those chicken dishes that makes it cool to eat chicken again. But watch that even time to make sure you aren’t serving up chicken jelly. Feel free to substitute orange bell peppers for either the red or yellow, but I’d advise against going green on this recipe. The green bell pepper has a stronger flavor that doesn’t work as well with the other ingredients.

- 3/4 tsp salt, divided
- 3/4 tsp crushed fennel seeds
- 1/2 tsp black pepper, divided
- 1/4 tsp garlic powder
- 1/4 tsp dried oregano
- 4 skinless, boneless chicken breasts
- 2 tbs olive oil, divided

Combine 1 tsp salt, fennel seeds, 1/4 tsp black pepper, garlic powder, and oregano. Brush chicken with 1 1/2 teaspoons oil and sprinkle spice rub over chicken. Heat a large skillet over medium-high heat. Add 1 1/2 teaspoons oil to pan. Add chicken; cook 3 minutes or until browned. Turn chicken over and cool 1 minute. Then put chicken in a baking dish coated with cooking spray. Bake at 450 for 10 minutes or until done.

Heat remaining olive oil over medium-high heat. Add bell peppers, shallots, and rosemary; sauté 3 minutes. Stir in broth, vinegar, 1/4 tsp salt, and 1/4 tsp pepper. Cook 3 minutes, stirring frequently. Serve bell pepper mixture over chicken.

Serves 4.  *Cal 382.  Fat 9g. Carb 8g. Fiber 1g.

**Make You Say “Mamma Mia!” Mascarpone Mashed Potatoes**

If you’re unfamiliar with mascarpone, it is the wonderful creamy goodness that makes tiramisu melt in your mouth. Well, these taters can’t compete in the chocolate department, but the creaminess is all there. The cheese also gives the mash a mild, but tasty, flavor without all the added calories and fat of sour cream and butter.

- 1 1/2 pounds potatoes
- 3 tbs mascarpone cheese
- 1/3 cup skim milk
- 1/2 tsp salt

Peel and cube potatoes. Place potatoes in a large saucepan, cover with water. Bring to a boil; reduce heat and simmer for 15 minutes or until tender. Drain, and return to pan. Add milk, mascarpone, and salt. Mash to desired consistency.

Serves 4.  *Cal 318.  Fat 5g. Carb 64g.

**Fool Your Sweet Tooth Chocolate Covered Strawberry Pudding**

Nothing will make your sweet tooth swell to monstrous proportions like the word “diet.” Never fear, watching your calories doesn’t mean you have to deprive yourself of the good things in life, specifically, chocolate. I realize it’s not the Great Wall of Chocolate from PF Chang’s, but seriously give this one shot if want to be guiltlessly decadent.

- 2 cups cold fat-free milk
- 1 pkg. (4-serving size) Chocolate Fat Free Sugar Free Instant Pudding
- 2 cups sliced fresh strawberries
- 1/2 cup thawed Sugar Free Whipped Topping (think Cool Whip)

Combine. Cook 5 minutes or until thoroughly heated, stirring often. Remove from heat. Sprinkle bacon over bean mixture; toss.

Top with layers of strawberries and the remaining pudding mixture. Refrigerate at least 1 hour before serving. Store leftovers in refrigerator.

Serves 6.  Or serve 4, and keep some for yourself.  *Cal 42.  Fat 1g. Carb 7g.

**Everything’s Better With Bacon Green Beans**

- 2 1/2 pounds green beans, trimmed
- 3 tbs thin-sliced green onion
- 1 tsp chopped green onions
- 1/2 cup grated Parmesan cheese
- 1/4 cup finely chopped onion
- 1/4 cup dry white wine
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp paprika

Cook green beans in boiling water for 5 minutes or until crisp-tender. Drain and plunge beans into ice water; drain. Cook bacon until crisp; crumble. Add shallots to bacon drippings in pan; sauté 4 minutes or until tender. Add beans, juice, salt, and pepper to pan; toss to combine. Cook 5 minutes or until thoroughly heated, stirring often. Remove from heat. Sprinkle bacon over bean mixture; toss.

Serves 12.  *Cal 46.  Fat 1g. Carb 8g. Fiber 3g.

Everybody needs a little extra help in the kitchen! Me and my sous chefs.

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Wrapping Up ’09 and Looking Forward to 2010

1. BROKEN BELLS – The self-titled debut album from a prominent duo (Danger Mouse of Gnarls Barkley and James Mercer, lead singer of The Shins) is due out in March. Recommended download: “The Way We Get By”

2. THE STREETS – This British hip hop star has announced that his fifth studio album will be his last. The album, described as “dark and futuristic” is set to drop in February. Recommended download: “When You Wasn’t Famous”

3. JUNO – This relatively unknown Finnish band didn’t take long to gain momentum with their debut album ’09. They released a single called “Nothing Like You” that was more than worth it, and it is a memory I will always cherish. Thank you again to all who participated and donated, for without your generosity, after all the money was counted, the grand total was $2238. This exceeded everyone’s expectations, and we couldn’t have done it without your help. Thank you so much for your contributions.

4. SHE & HIM – This American duo consisting of Zooey Deschanel (of Elf and (500) Days of Summer) and M. Ward will release the sequel to their first album in March. Recommended download: “[I Am] a Heartbreak (Baby)”

5. COLD WAR KIDS – Behave Yourself is an EP out now from this American indie rock band and word is that they are going back into the studio to record their second album. Highly recommended.

6. FRIGHTENED RABBIT – This Scottish band has added a fifth member and is set to release their third studio album in March. Recommended download: “Nothing Like You”

7. MGMT – This duo has been nominated for Best New Artist at the 2010 Grammy Awards. Let’s hope they don’t disappoint with the release of their second album this spring. Recommended download: “Electric Feel”

8. SHE & HIM – The new D-Graphers - Rumor has it that this pop supergroup is currently working on their next album, which is supposed to drop sometime later this year. Recommended download: “The Bleeding Heart Show”

9. ARCANE FIRE – The third album from this band hit iTunes in late May. Recommended download: “Rebellion* 10, SPOON – Released earlier this month, this indie rock band’s seventh album, Transference, has a solid sound. Recommended download: “The Way We Got By”

Ten Releases to Look for in the Upcoming Year

1. BROKEN BELLS – When the Devil’s Loose – Relatively simple, yet superb. Band’s album folk music is worth listening to, and then listening to again.

2. THE STREETS – Liquid Puppets – Phrase for the Young – This late ’09 album is pop gold. Casablanca drops The Strokes and debuts with an incredibly fun solo release.

3. TURF – Da Do Bandit – This relatively unknown Finnish band didn’t take long to gain momentum with their unique blend of instruments and vocal mash-ups. It’s music that is easy to get lost in, and who doesn’t need an escape every now and then?

4. Animal Collective – Merriweather Post Pavilion – One of 2009’s earliest releases (release date was January 20) stood the test of time and finished out the year on nearly everyone’s best-of 2009’s list. With hard electronic beats and lo-fi goodness, it’s hard not to enjoy.

5. Phoenix – Wolfgang Amadeus Phoenix – No other album stayed on repeat longer or made me have the desire to sing out loud more than Phoenix’s this year. Their show at Bonnaroo was superb and their video’s and TV performances were fun. They crossed boundaries from the indie music jungles to the avant garde and seemed to make a splash wherever they landed. Poppy enough to just listen and fresh enough to critique. Wolfgang Amadeus Phoenix was the best album of the year.

6. SHE & HIM – Vol. 2 – This American folk rock band has added a fifth member and has set to release their third studio album in March. Recommended download: “[I Am] a Heartbreak (Baby)”

7. JUNO – This relatively unknown Finnish band didn’t take long to gain momentum with their debut album ’09. They released a single called “Nothing Like You” that was more than worth it, and it is a memory I will always cherish. Thank you again to all who participated and donated, for without your generosity, after all the money was counted, the grand total was $2238. This exceeded everyone’s expectations, and we couldn’t have done it without your help. Thank you so much for your contributions.

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9. ARCANE FIRE – The third album from this band hit iTunes in late May. Recommended download: “Rebellion* 10, SPOON – Released earlier this month, this indie rock band’s seventh album, Transference, has a solid sound. Recommended download: “The Way We Got By”

10. SPOON – Transference – This indie rock band’s seventh album has a solid sound. Recommended download: “Why Do You Let Me Stay Here?”

M ost people view the New Year as a way to make a new start for themselves. We say we’re going to exercise more, save a little bit out of each paycheck, and try to not watch as much TV. These are all good things to strive for, but in my personal experience, these modifications often fall by the wayside as life’s hustle and bustle chip away at my resolve. But what if we made resolutions that not only affected us, but those around us in need? In my opinion, there would be a much higher rate of “resolution success.” On December 2nd, the Occupational Therapy class of 2012 got to see what it’s like to have goals we set for ourselves flow over into the lives of others.

As you may know, during the month of September, we held a fundraiser for the Magnolia Speech School to raise money to go towards the purchasing of a pair of specially-built tricycles for students who have problems with maintaining a stable sitting posture. The bikes cost $250 each, so it was our goal to raise $500. We took donations, and anyone who donated $2 received a chance to win a La-Z-Boy recliner, donated to us by La-Z-Boy South in Newton, MS. On October 7, we drew from a bag filled with the names of the donors, and the winner was Wade Woodcock (who happens to be married to one of our classmates)! While giving someone a new recliner in exchange for a donation, you get to feel good because you are able to give MSS was even greater. Thanks to your generosity, after all the money was counted, the grand total was $3213. This exceeded everyone’s expectations, and we couldn’t have done it without your help. Thank you so much for your contributions.

When we presented them the check, the staff and kids were ecstatic. It was such a special experience for all those who were there to witness it, and it is difficult to find the words to describe it. I will simply say that the hard work we put in was more than worth it, and it is a memory I will always cherish. Thank you again to all who participated and donated, for we certainly could not have done it without your support!

Primary Care Day

February 12, 2010

On Friday, February 12th, we will have our annual Primary Care Day for the M1 students. Each year in the spring the Evers Society puts together an entire day devoted to the primary care specialties including Internal Medicine, Pediatrics, Med/Peds, Obstetrics and Gynecology, Family Medicine, and Emergency Medicine. Students are given the day off of classes and have a wonderful opportunity to get out of the classroom and away from the books and partake in actual clinical experiences. A representative from each specialty comes and gives a brief overview of the program. All of the students are then taken in groups through stations set up by residents and attendings in each of the primary care specialties. In the past, family medicine has had a suturing station using pig’s feet (which has always been a favorite), a lomt tying and pelvic exam station by the OB/GYN department, and an ACLS station in the SIM lab with the EM department, just to name a few. We have an exciting day planned this year that includes breakfast, lunch, door prizes and hopefully an amazing experience!! Look forward to seeing each of you there.
That’s What She (And He) Said...

Patrice Jones, D3 and Jenny Young, D3

NFL post-season is heating up. It’s down to the Vikings, Cowboys, Cardinals, and Saints in the NFC and the Colts, Ravens, Jets, and Chargers in the other conference. The Saints made a 13-game run then fell flat to the Cowboys and into a three game spiral of losses. Can Brees and the Saints’ defense hold their own against the purple people eaters as they were against the Boy’s, and the Jets, while scary, aren’t going to have a chance against that speedy Colts Defense.

Armand Scourfield, M1
Saints all the way...while that 3-game losing streak to end the season might be a little bothersome, the Saints had already locked up a first round bye, the defense was all banged up, and Brees didn’t even play in the last game. Losing a key player hurts, but the rest of the defense is now healthy and ready to go. I’m thinking the Saints will get to averge that weekly loss to the Cowboys in the NFC Championship. Romo will have the entire offseason to try to get those “Who Dat” chants out of his head. As far as that “other conference”... I think the Saints’ defense held their own against Kurt Warner, and I believe they will against Brett Favre also. In Super Bowl XLIV, I don’t think the Saints can overcome the play of Peyton Manning and the Colts. They are just too solid. But I hope I’m wrong.

John Davis, M3
With some well needed time off, the Saints will settle down and make it all the way. Peyton will hold up his nick-name ‘The Sheriff’, and the Colts will be a sure thing for the other Super Bowl seat. That combination will make for one of the greatest Superbowls in the history of the sport. The prediction: Saints will win with a last second drop kick by Drew Brees. The final score will be Saints 103 and Colts 100.

Luke Keen, D3
I don’t think many people envisioned the New York Jets in the AFC championship, but Mark Sanchez made plays when he needed to while Phillip Rivers and Nate Keeding did not. That being said, I believe the Indianapolis Colts will easily reach the Super Bowl. The NFL championship, however, presents two big-armed quarter-backs with defenses prone to give up the big play. However, the Saints’ defense held their own against Kurt Warner, and I believe they will against Brett Favre also. In Super Bowl XLIV, I don’t think the Saints can overcome the play of Peyton Manning and the Colts. They are just too solid. But I hope I’m wrong.

Tyler Garth, Registered Respiratory Therapist
I believe we have some great games to look forward to this post-season. I expect Peyton to lead them straight to Miami without slowing down a bit. In the other bracket, you have a potently great offensive match between the Saints and the Vikings. Brett Favre has a chance to play a big role in New Orleans very close to his home. I imagine there will be a significant number of fans to cheer for Favre. I predict the Superbowl will result in a Colts victory; it should be a great road to Miami!

Tyler McCabe, D1
The Saints have had plenty of time to prepare and will be ready to play. Brees will take the Saints to Miami this year after beating Favre in the NFC championship. Michael Oher will be excited to watch as always, but his team will not be able to beat the Colts. Peyton and the Colts are going to be hard to stop, but the inexperience of Sanchez for the Jets should make the Colts chances of Miami high in the AFC championship. In the end, it will be a tight game with the Saints coming out on top to win their first Superbowl.

NFL playoff games are heating up. It’s down to the Vikings, Cowboys, Cardinals, and Saints in the NFC and the Colts, Ravens, Jets, and Chargers in the other conference. The Saints made a 13-game run then fell flat to the Cowboys and into a three game spiral of losses. Can Brees and the Saints’ defense hold their own against the purple people eaters as they were against the Boy’s, and the Jets, while scary, aren’t going to have a chance against that speedy Colts Defense.

Hi Hieu, Missy Owen, and Erin Plummer.

UMC Nursing students: Hi Hieu, Missy Owen, and Erin Plummer.

With the New Year here, there comes a new budget for Mississippi and a time for politicians to mingle and discuss bills introduced to the Senate floor and House of Representatives, possibly lasting until April. Nursing students from both our Senior and Junior classes are leaders within the Mississippi Association of Student Nurses (MASN) who have been meeting with other MASN members from MC and Delta State to help lobby for funding at the State Capitol to benefit MS nursing schools. Proposed legislation we advocate for includes a $250,000 grant for virtual simulation labs and equipment to help teach more students necessary clinical skills. This bill that has been passed twice before granted $250,000 each time and is being introduced to the floor once again for another $250,000 grant. Budget cuts can affect how much funding our schools receive, so we plan to speak with politicians and nurses as many hands as possible. It’s a long shot for us, so as Erin Plummer would say, “if they would cut some of that fat...” then maybe the bill will be passed on the floor again.

When: Friday, February 12, 2010 from 12pm to 3pm
Where: By the elevators right before McDonnell’s or visit us at our new location at the entrance of Blair E. Batson Children’s Hospital!
Why: To raise money for UMMC Health clinics
Who: Sponsored by the School of Nursing Class of 2011

The School of Nursing was so successful with our last bake sale we decided to do it again! We were able donate over $400 to UMC’s school clinics! A huge THANK YOU to everyone who supported our cause. So, stop by on Feb. 12, and buy your “Cupcake” a cupcake!

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Three D3's got married over Christmas. Here is Lindsey Gaskin Showers’ wedding...from left: Lindsey Warner, bride-Lindsey Gaskin Showers, Laura Franklin, and Tara Pursley.

M1 Tacky Christmas Throwdown
D4 Defending Champions
Dental Hygiene Seniors will be selling Crest Whitestrips Supreme only available in a dental office from now until March 30th. Regularly $50-75 per box. DH Seniors will be selling them for $40 a box!
To Order: Please contact ECarr@shrp.umsmed.edu

The month of January took me to the VA Hospital to complete my M4 month of House Medicine. TEAM GREEN quickly established a presence on the 4th floor with Dr. Richard Warren as Captain. Chelle Pope, incoming Medicine Chief, effortlessly led the team to victory with her delightful personality and inexhaustible supply of Diet Mountain Dew. Sara Sanders, Medicine Intern, operates on the level of attending and is one of the most polite people I’ve ever had chance to meet. Vick Copeland, Ophthalmology Intern from Georgia, has redefined the word efficient, setting up Command Central each day at his computer and using a telephone like a weapon of patient care. Priya (M4), Chris (M3), and Dustin (M3) are skilled, kind physicians. Code Blue sounded as I readied myself for bed late one call night. Chelle and Sara took control of the patient’s room and never lost focus. I performed the duties assigned by them, including chest compressions and ventilation. My forehead dripped sweat, and I finally found a pair of gloves. I never realized how exhausted one becomes during a Code. My first Code Blue.

Just days later, this time during daylight, Code Blue was again called. Team Green responded. As I entered the room, I heard one of my residents call my name from the patient’s bedside. Despite others being in the room, they called for me. I was, after all, a member of Team Green, and it was our Code. The procedure and technique came to me with greater ease. I sought reassurance less than before. My second Code. I was becoming sharper, more comfortable.

I thank Team Green for a great month of House Medicine. The MURMUR staff dedicates this edition to all of our many UMC mentors—our examples and friends.

Nicholas Whipple, M4
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