What the world really needs is more love and less paperwork—Pearl Bailey. Love is a fruit in season at all times, and within the reach of every hand—Mother Teresa. To be trusted is a greater compliment than to be loved—David O. McKay. Love is the only force capable of transforming an enemy into a friend—MLK Jr. I give counsel to husbands and wives. Pray for the love which allows you to see the good in your companion. Pray for the love that makes weaknesses and mistakes seem small. Pray for the love to make your companion’s joy your own. Pray for the love to want to lessen the load and soften the sorrows of your companion—Henry B. Eyring. Can you imagine a world without men? No crime and lots of happy, fat women—Marion Smith. I would like to see greater love in our homes. You parents who are fathers and mothers of children, treasure your children. Look to them with love. Lead them with love. They will follow after you if you do that. And I make you a promise that if you do so, the time will come when you will feel so grateful that you have done so, that you will get on your knees and thank the Lord for the precious children who have come to you and grown up under your direction—Gordon B. Hinckley...
President's Column

Serving as your ASB President this year has been one of the most fulfilling experiences of my life. I truly enjoy working with the ASB Council, which represents each of the schools at the University of Mississippi Medical Center. One of the biggest challenges that the ASB Council faces each year is ensuring that all students on campus, regardless of their particular school, feel that they are a part of our great institution. The School of Medicine often appears to be the primary focus of UMMC, however we have been working diligently this past year to break down the walls between schools and get more people involved across the board. We have had better participation by all of the schools in the ASB Council this year than we have seen in previous years. Nick Whipple has done a tremendous job with The Murmur, providing the medical center with a phenomenal publication which is a true collaboration from contributors from all of the schools on campus. This wide and varied participation in The Murmur is something that we are very proud of. Newton Wiggins has done an awesome job with the activities this year. The elegance and sophistication of the art museum and the students at Claire Bell and the absolutely packed house at Hal and Mo’s for every other party is a testament to Newton’s commitment and success as an ASB Vice President. Intraums by Jimbo Moss and Matthew Harris have been completely off the chain this year. The number of teams from all over campus involved in each of the sports this year has been overwhelming. Dr. Jerry Clarin, Associate Vice Chancellor for Student Affairs, has done an incredible job of creating and supporting our wide variety of high quality facilities and activities which upon all of the schools on campus. I have yet to see any reasonable request (and many, not-so-reasonable requests) go unfilled by Dr. Clarin. We are truly fortunate to have him as our ASB advisor. I could go on and on about the great work done by the ASB council this year. The entire council has truly been committed to serving the student body at UMMC and has been striving for constant improvement in all aspects of student life.

This past November John Davis was elected ASB President for the upcoming academic year and will lead the ASB Council in May. Most month we will be calling for nominations to fill the remaining three ASB executive officer positions. We are hoping for a good group of candidates coming from a wide range of schools on campus. Involvement by students with varied backgrounds brings welcome view and perspectives as to how we can continue to improve the student experience at UMMC. The actual elections for Vice President, Secretary, and Treasurer will be held in April. The qualifications for each of these offices are found in the Constitution of the Associated Student Body (Article III, Section 2).

Any qualified student who is successfully completing or has completed his or her first year of academic work at the University of Mississippi Medical Center and who shall be in good academic standing will be eligible for the office of vice president or treasurer.

Any qualified student of the University of Mississippi Medical Center who has completed two (2) years of undergraduate study and who shall be in good academic standing will be eligible for the office of secretary.

No student may run for any office if he or she is to graduate before the term of office expires.

Each of these executive officers has specific responsibilities, some of which are dictated by the Constitution and others are assigned by the ASB President. Some of these responsibilities are summarized as follows:

**Vice President** (currently Newton Wiggins) – Responsible for planning and organizing the ASB activities, including finding and hiring the bands, arranging the venues and catering, and interfacing with administration and campus police to work out other logistics of the events.

**Treasurer** (currently Kristin Balius) – Responsible for maintaining the ASB financial accounts, including writing checks and disbursing payments to vendors and collecting funds from activities such as T-shirt sales.

**Secretary** (currently John Davis) – Responsible for organizing the monthly ASB Council meetings and maintaining the attendance roll and minutes, organizing ASB/Administration monthly meetings with the Vice Chancellor, and assisting the ASB President in the execution of his duties.

Each of these positions requires a reasonable amount of time but is doable within the typical schedule of most academic programs on campus. I have found the administration and faculty to be very supportive of ASB involvement, and they will work with the involved students to allow them time to attend the various meetings and activities within reason (don’t expect to get out of final exams to attend an ASB luncheon…). The most important ingredients to being a successful ASB officer are commitment and respect. If an officer doesn’t fulfill the responsibilities of his position, the student body pays the price. It is important to respect those who put you into your office by doing that which they entrusted you to do.

I have had a great time serving the ASB and I hope that each of you will consider getting involved, either in one of the elected positions or in one of the appointed positions or committees. Please let me or any of the ASB officers know if you have any questions with regard to the specific offices. We are excited and committed to keep the positive momentum going at UMMC.

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Literati Medicus: My Own Country: A Doctor’s Story

Sara Martin Robertson, M4

This month, Literati Medicus, the M3/M4 book club, read My Own Country: A Doctor’s Story by Abraham Verghese. The Washington Post described “My Own Country is a book about the effect of AIDS epidemic in a deeply traditional, non-urban, ‘country’ setting. But it’s also about identity… and reminds the reader of what is honorable and charitable in the way humans behave toward each other.” To me this sums up the purpose and the character of the book all in two sentences. The book begins with a picture of a rural Tennessee town and a young man with HIV who is returning to his hometown. He subsequently dies in what the locals call the Miracle Center (the local hospital).

I have had a great time serving the ASB and I hope that each of you will consider getting involved, either in one of the elected positions or in one of the appointed positions or committees. Please let me or any of the ASB officers know if you have any questions with regard to the specific offices. We are excited and committed to keep the positive momentum going at UMMC.

SO EASY, SO SIMPLE. One singular oasis of comfort, where hospitality comes naturally and everything is beautifully, deliciously new. Today’s Cabot Lodge. A refreshing concept, a most welcome accommodation…Exceptionally well-appointed rooms including pillow-top bedding with a cloud-soft down comforter…the inviting Cabot Coffee Bar offering wireless internet access…mouthwatering hot breakfasts and a 2-hour hospitality reception each evening.

WHERE HOSPITALITY COMES NATURALLY

And the value is simply superb.
February is here, and that means lots of different things to different people. Valentine’s Day is the obvious “February holiday,” but there is so much more to this short month. The Who Dat nation will converge on Miami to watch the teams battle it out on the field! There is always a highlight of the month! I love watching tragic and funny attempts at new commercials, is one month until Valentine’s Day. This is our second Valentine’s Day since I am looking most forward to spending time with and pampering my new wife on Valentine’s Day for many years to come. Lindsay Gasikin Showers (D3)

When February rolls around, I am usually looking forward to the fact that it is Snack Food Month, which means that eating extra snacks can be justified and guilt-free... which is great when eating lingo cake during Mardi Gras and lots of snacks for the Super Bowl! It is also International Friendship Month, and I am always excited about celebrating my best friend’s birthday at the Japanese steakhouse in Tuscaloosa (we’ve been friends “since da’ womb”). Finally, we cannot forget about the hope of Punxsutawney Phil not seeing his shadow! I am always hoping for an early spring and warm weather!

Lee Henson

I am most excited about Valentine’s Day. This is our first Valentine’s Day since we have been married, so I’m really looking forward to what Lee has planned. And as an added highlight to the day, Bacchus will be rolling down St. Charles Avenue! Laissez les bon temps roulez!!

Ashlee Cole (Pharm D)

I am looking the most forward to all of the showers and bachelorette party for one of my best friends—and her wedding at the end of February. Also, this month marks one month until John and I are married in March!

John Lutz (M3)

I am looking most forward to seeing the Black and Gold go to the Super Bowl! Who Dat?

John Showers (Physical Therapist)

I must say that when I think about February, I look forward to spending time with and pampering my new wife on Valentine’s Day for many years to come. Also, the Super Bowl, along with both the tragic and funny attempts at new commercials, is always a highlight of the month! I love watching the teams battle it out on the field!

Patrice Jones, D3 and Jenny Young, D3

In honor of the “sweetheart” theme of the month, we decided to ask UMC couples what they are most looking forward to about February... and wanted to compare “his” versus “her” responses.

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John Lutz (M3)

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Lee Henson

I am most looking forward to watching the Saints from downtown New Orleans where the true “Who Dat Nation” will be cheering on our former “Airts”! Won’t need a brown paper bag this year!!

Bridget Henson (D3)

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The diamond certainly has evolved into the symbol of everlasting love and fidelity among couples young and old. It’s a stone that instantly strikes giddiness into young females on the road to betrothal. And, it’s a stone for which men save months worth of salary. Either way, the stone is an investment with a variety of meaning attached.

Like many, I think of DeBeers diamonds and the dancing silhouettes in the commercials that always end with the saying, “A Diamond is Forever.” The phrase was coined in 1947 as part of a huge marketing campaign for the South African company to stretch beyond Europe and tap into the United States market. It worked.

The decade preceding the iconic phrase was filled with company strategies to fuel the diamond-craze for young individuals and those willing to spend. DeBeers did everything from hiring jewelers and diamond consultants to give talks to young women about the jewel to plastering advertisements in trendy magazines and adorning the rich and famous. But, their most successful marketing ploy was their invention of the diamond engagement ring.

Diamonds, in fact, aren’t rare stones, at all. Especially not when we compare carat-to-carat with a much rarer one, the ruby gemstone. But, it also comes down to supply and demand, which is the crux of how the diamond trade has made such a racket for companies like DeBeers.

Cecil Rhodes, the founder of DeBeers, caught on to the diamond rush in South Africa in the latter part of the 19th century, buying many small mining operations that popped up in the area. He smartly arranged mass distribution with the London’s Diamond Syndicate (DS), a company that was able to create a monopoly and keep tight control over the diamond market. No matter what the market conditions, supply was kept in check to optimize profit for DS and DeBeers. When the 20th century rolled around, the company controlled 90% of the market.

As brilliant as they are, diamonds also have a rough and troubled history that have affected countless lives in Africa. Blood diamonds, or diamonds used to fund civil war and insurgency, have passed through the hands of those seeking power via brutality in developing countries like Cote d’Ivoire, Angola, Sierra Leone, and The Democratic Republic of Congo.

In Sierra Leone the Revolutionary United Front (RUF), the rebel group who led a failed 11-year civil war in the 1990s to overthrow the military-led government, used the diamond trade to finance their cause. In addition to the atrocities of using child soldiers and child-labor in the diamond mines, the RUF became known for its trademark amputations. Thousands were killed in the civil war, but many more were left with the brutal reminders of amputated limbs, hands, and feet.

Recognizing the ethical conflicts of supporting the diamond trade in these war-torn counties, the UN acted in 2000 to sanction countries and rebel groups involved in using the diamond trade used to fund civil war. The United States also legislated several years ago to stop the flow of conflict diamonds into our country, which remains the largest importer of the gem.

When shopping for these sparkling jewels, be sure to look for a legitimate certificate or origin for the jewel. Also, find out whether the jeweler or diamond distributor participates in the Kimberley Process Certification Scheme (KPSC), which is the UN-sponsored method of certifying conflict-free diamonds. KPSC, however, has been criticized for being a self-regulated process that may not be as transparent as we think. If you’re not sure about the diamond, Canadian-mined diamonds and man-made diamonds (not Cubic Zirconium!) are also safe alternatives.

Please feel free to contact me to continue this discussion.

We are proud of our own conflict-free Jackson, MS diamond jewelers. Juniker Jewelry Co. proudly abides by the Kimberley Compliance laws and purchases only conflict-free diamonds. Its employees are both advocates and activists in the effort to stop the trade of diamonds from any source that is not legitimate. The MURMUR thanks them for their service.
Hello all and welcome back for another dose of cheap distractions for the future guardians of American health. I’d like to say congrats to all the MS4’s for making it through interview season. The past few months have been check full of handshakes, road trips, and airport food. I wish you all the best of luck with the rest of this process, and look forward to seeing you guys for the festivities in a few months. Interestingly, my last interview helped form the topic of this month’s article. I interviewed with the LSU New Orleans program last week and happened to land a bit over 4 hours and costs only $22. The station is near the Super Dome, a bathroom break as you like without affecting your arrival time. The trip takes your trip much more enjoyable, and cheaper. Amtrak’s City of New Orleans stops, and parking once you arrive. But there’s an alternative that can make the walk back to your hotel, cabs are plentiful here 24/7. There are a multitude of entertainment options to keep you busy. There are a mul-

Once you’re in the city, there’s a multitude of enter-
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titude of museums, the Audubon Zoo, and the Aquarium of the Americas nearby. There are incredible restaurants such as Chef John Besh’s Luke and Chef Paul Prudhomme’s K-Paul’s that may tempt you to splurge with the money you’ve saved on gas and lodging. For another great option that is a bit more budget friendly, head down Tchoupitoulas to Dick & Jenny’s. The food is great, the atmosphere is casual, and the bill won’t break the banks. In my opinion, no trip to the Big Easy is complete without a couple dozen raw oysters on the half shell. Felix’s has a great casual oyster bar where you can chat with the shuckers and eat your fill. If you’d prefer to sit outside and people watch, the Royal Street Oyster House has a great open air atmosphere. And let’s not forget the tunes. At any given moment there’s a ton of great music playing in the city. To maximize your trip, I suggest heading across Esplanade to Frenchmen Street. Here, you’ll find over a dozen venues offering everything from jazz to reggae, from Latin to the blues. And if you’re too worn out from jamming to make the walk back to your hotel, cabs are plentiful here 24/7.

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Nursing School aids Johnson Elementary School

The UMMC Chapter of the Mississippi Association of Student Nurses sponsored a Supply Drive through the month of February benefiting Johnson Elementary School’s health care clinics. Johnson Health Center has been able to effectively serve the students and faculty/staff of this Jackson Public Elementary School since 1999. Faculty members from the University of Mississippi Medical Center School of Nursing led the effort that resulted in the establishment of the first nurse-managed school health center in Mississippi.

The health care services provided are valuable to this disadvantaged population of children who are faced with health disparities every day. Students and Faculty participated in the supply drive collecting supplies needed by Johnson for everyday use. Supplies collected included: antibacterial hand soap, hand sanitizer, allergy medicine, toothbrushes, cold medicine, and the student’s favorite toys for the treasure chest.

“For it is in giving that we receive.” — St. Francis of Assisi

Discovering the Hidden Restaurants of Mississippi...

Rustler Steak House, Meridian, MS

Priya Srivastava, M4

I decided to venture east of Jackson for this month’s Restaurant Review and traveled to Meridian, MS, the sixth largest city in Mississippi. I was a bit overwhelmed with all of the restaurant options in Meridian, so I asked Damon Darsey (M4 student) for some recommendations. Since Damon is from Meridian and has impeccable taste in food, I knew anything he recommended would be wonderful. He mentioned the Rustler Steak House as a great place to get good quality steaks and seafood. I knew the restaurant was going to be pricier than most of the restaurants I have written about, but thought it would be nice to recommend some fine dining options to avoid MURMUR readers.

The atmosphere of the restaurant was warm and the service outstanding. On your way to the Rustler, you may feel like you have taken a wrong turn as the restaurant itself is not surrounded by any other businesses. But, do not let the long windy roads deter you from trying out the Rustler Steak House because it truly is a fine dining experience. You are greeted by tuxedo-dressed servers as soon as you walk in and will enjoy a candle-lit room with the quiet buzz of conversation playing in the background.

Q: Who is the owner of Rustler Steak House?  
A: (Mike Partridge) am the current owner and I have been working here for 20 years.

Q: How long has Rustler Steak House been open?  
A: We have been around for 30 years—the original owner opened the restaurant in 1989.

Q: What are the hours of operation?  
A: The bar opens at 4 p.m. and the restaurant opens at 5 p.m. We stay open until 10 p.m., Monday-Saturday.

Q: How far is Rustler Steak House from Jackson?  
A: It’s around a 1.5 hour drive.

Q: Do you guys get a lot of out-of-state visitors or non-local visitors?  
A: Yes, we have a VIP room that can seat up to 18 people.

Q: Are you guys able to host/seat bigger parties?  
A: Yes, we have a VIP room that can seat up to 18 people.

Q: What is the address of Rustler Steak House?  
A: 5915 Old Highway 80 W, Meridian, MS 39307

Q: Has your restaurant been featured in any magazines?  
A: Yes, we have been featured in the “Meridian Star” and “Cisco’s Today Magazine.”

Q: What is the attire?  
A: Casual chic

Q: Do you guys take reservations?  
A: Yes

Q: Does the Rustler have a carryout option?  
A: Yes

Q: What is the price range?  
A: $$$-$$$$$

Q: What are you guys most famous for?  
A: Our steaks and seafood.

Q: What was here before the restaurant?  
A: It was an old laundrymat!

Q: Can you tell me something interesting about the establishment of Rustler Steak House?  
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It’s that time of year again… the time when stores fill with cliché stuffed animals, tacky boxes of chocolate, and candied hearts bearing messages of love and affection. Don’t get me wrong—I do love Valentine’s Day. I am female. But for those of you who want to do something really special for your Valentine this year, what better way to say, “I love you,” or maybe just “I may love you in the future” than to prepare a special meal for that significant other? This month’s article features some recipes that are quite simple and most certainly delicious.

The salad recipe, like most salads, is quick and easy to whip up. The blueberries add the perfect amount of sweetness as do the strawberries, which also throw in great texture and color. The salad dressing especially pairs well with this recipe but can be a nice addition to any array of salad choosings. A special “thanks” goes out to Marcee Vest for adding her special touch with the salad.

Scallops—oh, scallops—are my all time favorite food in the world. I was so happy to get to share this recipe with all of you. Taken from a class I took at the Viking Cooking School, this recipe is wonderful! The apricot sauce is packed with flavor. Depending on how much spice you like in your life, adjust the horseradish as desired.

If the path to your love’s heart is through his or her stomach, I hope this meal does the trick for you. Or you can just share it with friends over a bottle of wine. Either way you choose to go, as always, happy cooking!

Marcee’s Salad

1 head of lettuce
1/4 cup crumbled goat cheese
1 cup roasted cashews
1/2 cup dried cranberries
4 oz. package blueberries
1 lb. strawberries, sliced

Lemon Poppy Seed Dressing:
2/3 cup olive oil
1/2 cup sugar
1/3 cup fresh lemon juice
1 1/5 tbsp. poppy seeds
2 tsp. finely chopped onion
1 tsp. Dijon mustard
1 tsp. Dijon mustard

Process olive oil and remaining ingredients in a blender until smooth. Store in an airtight container in the refrigerator up to one week. Serve at room temperature.

Bacon-Wrapped Scallops with Apricot-Horseradish Sauce

Sauce:
2 tbsp. horseradish
2 tbsp. apricot preserves
2 tsp. dry mustard powder
1/4 tsp. crushed red pepper flakes
1/2 tsp. lemon juice

Drain horseradish to paste consistency. Whisk together preserves, horseradish, mustard, pepper, and lemon juice. Allow to set at room temperature for about 30 minutes before serving.

Scallops:
8 slices (~1 lb.) bacon
4 tbsp. butter
8 large sea scallops, side tendons removed
Salt and pepper to taste
Lemon wedges or greens/herbs for garnish

Preheat oven to 325ºF. Arrange bacon side-by-side on baking sheet. Cook about 15 minutes, being careful not to overcook as bacon should be pliable enough to wrap scallops. Increase oven temperature to 450ºF. Wrap each scallop with a slice of bacon, and secure each with a skewer. Pour butter in a 9 x 13” baking dish. Add skewers with scallops to dish. Season generously with salt and pepper. Bake until scallops are opaque, ~8 minutes.

Frosting for Chocolate Cupcakes

2 3/4 powdered sugar
6 tbsp. unsweetened cocoa
3/4 stick (6 tbsp.) butter
5 tbsp. evaporated milk
1 tsp. vanilla extract

Sift together sugar and cocoa in a medium bowl. In a separate bowl, cream butter until smooth. Gradually blend in sugar and cocoa mixture alternately with evaporated milk. Add vanilla, and blend until frosting is fluffy.
Our Favorite UMMC Sweethearts:

Names: Drs John “Jack” Correia and Sharon Lobert
Positions: Professor of Biochemistry, Professor of Nursing
How you met: Jack was a post doc with Robley Williams in the Department of Molecular Biology at Vanderbilt University and Sharon was a graduate student in the same department with Gerald Stubbs.
Spending Time: With our dogs Kenny and Pooh Bear. Cooking and matching food with wine. Traveling to wine country, Cape Cod and Europe.
Interesting Facts: Sharon and her 3 brothers all speak French; her mother is from Paris. Jack plans to write a cook book someday, but until then he seldom follows a recipe.

Names: Cory and Stacey Carter
Positions: He is an M4, and she is an D4
How you met: We met on the “Gray Route” (a shuttle bus at MSU) one morning after a physics class.
Spending Time: We enjoy going to the movies and eating popcorn, traveling, playing racquetball, watching the bulldogs, and taking care of our 10 month old puppy.
Interesting Facts: We love watching TV at nights. We currently watch “House”, “24”, “Heroes”, “Greek”, “Scrubs”, “American Idol” each week.

Names: Marion Wofford and Robert Hester
Positions: Marion Wofford: Professor of Medicine, Chief of General Medicine and Hypertension
Robert Hester, Professor of Physiology
How you met: Robert offered Marion a ride across the UMC campus during a rainstorm. Six months later Robert asked Marion to see a family member as a patient then emailed her asking for a dinner date!
Spending Time: “Grooming” the forest around our home and wilderness travel
Interesting Facts: Robert has biked hundreds of miles—more than Marion ever will. And she has hiked hundreds of miles—more than he ever will.

Names: Shawn and Sara Sanders
Positions: Internal Medicine residents
How you met: We had neighboring cadavers in Gross Anatomy during the first year of medical school.
Spending Time: We enjoy playing with our one-year-old labrador, Murphy. He watches over our house during the day and entertains whichever Sanders is not on call at night.
Interesting Facts: Combining the first year of marriage with the intern year has been hectic to say the least, but fun. There is always a Sanders walking the halls of UMC, so be sure to say hello.

Names: Don Stetson; Susan Wellman
Positions: Professor and Interim Chair, Biochemistry; Professor, Pharmacology
How you met: We both needed to use a Packard TriCarb® liquid scintillation counter and had to make arrangements to share it. Don was a graduate student; Susan was a lab tech.
Spending Time: hiking, wallowing — urban and nature walks; flying (see below)
Interesting Facts: We have a small single-engine plane. Don has a private pilot’s license (Susan likes being a passenger but has resisted learning to fly). Susan is a musician and was in an Irish band for over 10 years.

In the halls and around campus at UMMC, we see friends, family, and colleagues. But some, those who are lucky, get to see their sweethearts too. The MURMUR staff wanted the UMMC community to get to know these couples a little better. We thank them for everything they do for our UMMC family.

Thank you for all that you do!
Our Favorite UMMC Sweethearts: Thanks for all that you do

**Names:** Phyllis Bishop and Michael Nowicki

**Positions:** Professor of Pediatrics; Division of Pediatric Gastroenterology

**How you met:** We met at a Fellows conference in Tucson Arizona. Phyllis was a fellow at Vanderbilt and Mike was a fellow at Cincinnati Children’s Hospital. We were introduced by Dr. Glen Lewis, who knew Phyllis from medical school at UMC and was a fellow at Cincinnati Children’s with Mike at the time. To make the connection even odder, Dr. Lewis’ sister is married to Dr. Paul Parker’s wife’s brother. Dr. Parker is the Division Chief for Pediatric Gastroenterology. Remind you of a Faulkner novel? After a long-distance relationship of nearly 2 years, both took jobs in Virginia. Phyllis was faulty at Eastern Virginia Medical School in Norfolk, while Mike was across the Elizabeth River at the Naval Medical Center in Portsmouth. We married six months after arriving in Virginia. It is true what the bumper sticker says “Virginia is for lovers.”

**Spending Time:** When you can pull Mike away from hunting, they like to spend time together outdoors. We have had a vegetable garden every year since coming to Mississippi, which has been increasing productive, to the point that we have attracted the neighborhood deer to the back yard. We both also enjoy camping and hiking, particularly with the children when they were younger.

**Interesting Fact:** The Bishop-Nowicki team makes up 50% of all Pediatric Gastroneterologists in the state.

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**Names:** John and Christina Vanderloo

**Positions:** John - M4 going into Family Medicine; Christina - Director of Student Affairs School of Nursing

**How you met:** University of Southern Mississippi at a church football tailgating event

**Spending Time:** Being together, Traveling, playing guitar hero, watching TV and movies

**Interesting Fact:** John is one of eight children in his family (seven boys, one girl); Christina is one of four girls (and is a twin!)

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- BRAVO!
- Brent’s Drugs, Soda Fountain, & Gifts
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- Lenny’s Sub Shop in Germantown
- Lori’s Muffins
- The University of Mississippi Medical Center
- Treehouse Boutique

Purchase your Student Discount Card today from your favorite nursing student! Proceeds from the sales of the Student Discount Card go to three Jackson public school health clinics at Johnson Elementary, Brown Elementary, and Rowan Middle School. Students must present their UMMC student ID with the Student Discount Card. The card expires July 31, 2010.
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

Editor's Note:

When on patient rounds one early afternoon last year, conversation brought up the name of a successful healthcare professional—a national figure. I will call this individual Professor. Professor was described as being highly respected and successful, holding various elite position titles and having responsibilities in numerous disciplines. It was noted that Professor arrived very early to work and left very late. It seemed that Professor worked seven days each week and rarely took time off from either clinical or research duties. That day, most members of my team added their praise and admiration for Professor. Many personal sacrifices were obviously made by Professor in the name of medical advancements and better healthcare. Surely, many have benefited from Professor’s time and work.

But how much time is too much time to give to one’s profession? I am of the opinion, especially as a future professional in the healthcare field, that there will never be a limit to the amount of available responsibility we can add to our current load. In most circumstances, it is neither difficult nor inherently impressive to spend hours upon hours fulfilling the many responsibilities one has piled upon himself. It surely requires no advanced education or training to misappropriate time and fail to attend to other important obligations, such as family, for any layman can do that.

While job titles and career emphases change, no one is ever released from the responsibilities of husband, wife, or parent. Sure, familial dynamics differ and financial predicaments change, causing us to sometimes adjust our balance of profession and family. But I will never take my hat off to the man who voluntarily chooses to tip his scales in favor of profession. My parents never missed a single Little League game, musical concert, or the most simple of awards ceremonies. They made a conscious decision to award family, not profession, with their surplus time and energy. And I consider that a better sacrifice and a greater accomplishment—and in fact a more intellectually demanding and socially taxing endeavor—than any professional recognition that Professor has enjoyed.

The secret available for all to know is that when an individual has made family his priority, that individual has never voiced regret. The opposite does not hold true.

The MURMUR staff dedicates this edition to our families.  

Nicholas Whipple, M4

My brother Patrick and I at his Med School graduation

My sister Holly, Mary Katherine, Anna Lynn, Will, my Mom, and I

My sister Holly, Mary Katherine, Anne Lynh, my Mom, and I

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