Welcome to the November issue of The Murrir. I want to say thank you to all the contributors and advertisers. I hope you enjoy reading about the incredible things we are going on at the different schools across campus.

To the season of gratitude and giving. It is also a time to make lists; to-do lists, lists of what you are thankful for, holiday shopping lists. All Gowanda’s third book, The Checklist Manifesto, is about how useful a simple check-list can be. A prime example is the time-out checklist before surgery — can’t think of how many people did not get the right antibiotics or have the wrong leg cut off — just think of how many people did not get the right procedure simply because they missed the step that was supposed to be done.

The Watershed Coalition website is a great tool to help you make a plan that you can use to keep your house sustainable and energy efficient. It’s easy to use and very helpful.

The Murrir is a monthly publication sponsored by the UWMU Associated Student Body. It is advised by Dr. Jerry Clark, Chief Student Affairs Officer, and printed by the UWMU Department of Printing. Thank you to Caroline Kimbrough in printing for your assistance. To advertise or contribute, email gmontague@umc.edu.

November Contributors:
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Kelsey Hill, M2
Drew Haylett, M1
Jake Lancaster, M2
Jonathan Gianninta, M3
Emily Fails, M4

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We are thankful for the miracles and the chance that lead to medical breakthroughs and improved healthcare providers. We are also thankful for the opportunities to be at the medical center, to work with people that know all the worst about us and help make us better.

You have donated about $1,700 so far, and we are only about $1,200 short of our goal. Go by your donation location today to contribute so we can make Mike’s wish come true together.

The Checklist Manifesto
Robert Cialdini, Amore Trujillo, Daniel Pink

In Thanksgiving spirit,

ASB Hospitality Committee Thanks Allen Mize and Jessie Tucker

“Cultivators of the earth are the most valuable citizens. They are the most vigorous, the most independent, the most virtuous, and they are tied to their country and wedded to its liberty and interests by the most lasting bands”

Thomas Jefferson

The nature of their work involves being outside in hot, humid summer months and also during the cold winter months. Both have received commendations for working long hours during inclement weather conditions, such as snow and ice, to keep the Medical Center running smoothly and looking its best.

This month the ASB Hospitality Committee would like to recognize two gentlemen on our campus that deserve an extra pat on the back. Mr. Allen Mize, Grounds Supervisor, pictured on left, and his right hand man, Assistant Supervisor, Mr. Jessie Tucker (on right).

Allen Mize has worked in Physical Facilities since 1987 and thus is a 23 year employee. He is Jackson local and a graduate of MSU in Agriculture. His personal interest include deer hunting and model railroad ing. He enjoys traveling especially when it involves train trips, and he just returned from a summer trip to Germany.

Jessie Tucker, a native of Canton, MS, has worked for Physical Facilities since 1983 and is a 27 year employee. Jessie rose through the training program and is now the assistant supervisor. His favorite sport is basketball, and he loves to hunt and fish. He has work eight years and counting without using any sick or medical leave!

Private Client Group banking offers the ultimate in convenience and flexibility.

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For more information, contact the Private Client Group at BankPlus:

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<td>Natalie Arne mann</td>
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We offer a higher level of banking for people with a higher level of needs.
It's getting to be that time of year again when the weather gets a little cooler, the leaves are changing colors, and college football rises to its peak. Fall is certainly here, and it's very well received in an area where it's practically summertime 8 months out of the year. Before we know it we will be winding down the first half of the school year and getting ready for the Thanksgiving and Christmas holidays. Personally, I'm beginning to realize how valuable these times are for our families and us. The upcoming holidays gives us a chance to spend time away from school (even if it's just a little bit) and enjoy our families and friends.

One of the traditions that I remember most growing up is my family's pilgrimage to Starkville every other year to watch the Egg Bowl. The anticipation would begin to build up weeks before the actual game would begin, but the trash talking between Mississippi and Ole Miss fans would begin roughly 364.99 (repeating, of course) days before the actual game. I would always help my dad load the car while mom told us exactly how to do it so all of our tail-gating gear would fit. We would put the State stuff all over the car and head north to God's country. Some of the other years we'd go to Oxford.

Even though some of our Thanksgiving wasn't spent at the traditional family gathering around a table like the Normal Rockwell painting, it was still a family gathering. We were all thankful to be able to spend a few days together, relaxing and enjoying each others company. I believe that it's important not to lose sight of things like friends and family during this time of year. Although semesters are ending and testing frequency is increasing, it's necessary and downright healthy to take some time off, visit with your family, and blow off some steam for a little while. Whether your family's traditions revolve around football, food, or another unique outing, take the time to enjoy it! As we venture further into our careers as healthcare professionals, it's necessary to enjoy the opportunities we have now to count our blessings and go see mom, dad, and the rest of the family.

I want to wish the best of luck with the tail end of the semester everyone. It's almost over and the holidays are getting closer and closer! I just want to encourage everyone to keep your heads down to the grinder and push through these last few rounds of tests. We should all be thankful to have the opportunity to work in a field such as this one.

With the Halloween Party behind us and Thanksgiving approaching, it's time to start talking about our last party of the fall semester...Claus Ball! This party allows the students to pull out their cocktail dresses, suits, and holiday spirit. Claus Ball will be at the Mississippi Museum of Art from 8:00pm-12:00am on Saturday, December 4th. Mark your calendars and watch your email accounts for more details.

As always, please send any ideas or suggestions to aharrell@umc.edu

Happy Holidays!

Amanda L. Harrell
Associated Student Body VP

Hello again,

I saw some awesome costumes at the Halloween Party. I hope everyone enjoyed themselves. The student body donated roughly $1200 at the party for Michael Moore, our Make-a-Wish kid. THAT IS AMAZING!! We’ve almost reached our goal so keep the donations coming. I’d like to give a special thanks to Josh Hughes who went above and beyond to coordinate the fundraiser. I would also like to thank Becca Moore for making the raffle possible and our awesome costume judges: Hieu Ho, Armand Scurfield, Erica Du Plessis, and Nakinna Young. The party would not have been a success without your efforts!

Congrats Costume Contest Winners! Tie for Best group-Chilean miners and Kiss, couple- Avatar, solo-toy soldier

DOUBLE TAKE WHO WORE IT BEST JERSEY SHORE POPULAR COSTUME THIS YEAR
After being exposed to these shocking statistics, Dr. Susan Lofton challenged our class to raise money to provide fresh, clean water for a community in need through the placement of wells. Her heart for community health led her to vow to match what we raise up to $500!!

After instantaneously receiving overwhelming donations from classmates and the intense desire from our class to make this project a huge success, we are already off to a great start!

Dr. Lofton said, "I just think, as nurses and community advocates, we must put our money where our mouth is and really be an advocate for positive changes in our world."

Blessed to be a blessing,
Sarah Stoner
SON4 Reporter
UMC MASN 1st VP

Please donate to our cause at our bake sale on December 7!!
11 am - 2 pm
100% proceeds go to Clean Water
Even though the OT1 class is up to their external auditory meati in Gross Anatomy this semester, we have still found time to volunteer with several different organizations. On September 25th, we helped “Light the Night” at Trustmark Park, to raise money for the Leukemia & Lymphoma Society. We also raffled gift certificates to Jackson area restaurants to raise money for the American Heart Association walk that took place on October 10th. In all, our largest and most successful fundraiser was for the Susan G. Komen Breast Cancer Foundation. Together we raised $2,300 by selling a total of 460 breast cancer awareness shirts, and all proceeds were given to the foundation. Our top seller, Carling Canterbury, sold 46 shirts and raised over $200 alone! Ariel Curtis placed a close second by selling 42 shirts! We, as a class, would like to thank everyone who volunteered their time and efforts, as well as those who contributed to this fundraiser!

Second Year OT Students Have Hippotherapy Experience in Vicksburg

by Meagan Martin, OT2

On September 9th and September 16th, the second year occupational therapy class traveled to Vicksburg, MS to learn all about Hippotherapy. For those who are unfamiliar with Hippotherapy, it involves the use of horses to treat issues like high or low muscle tone, balance, poor trunk control, etc. in various patients. Prior to this trip, most of the class had not yet been exposed to this type of treatment modality, so this was a really unique experience. Upon arriving in Vicksburg, the class was welcomed and introduced to a few of the horses used for therapy, as well as a miniature horse, affectionately called “Taco.” Then, the class was educated about the various types of saddles, reigns, helmets, etc. used for patients with different diagnoses. Each member of the class was also allowed to observe their individual therapy sessions. One particular session the class members found interesting was that of a child with sensory defensiveness, in which the child was asked to “finger paint” the horse. This was a really neat treatment idea that none of us thought about until we saw it done.

Once the Hippotherapy trip came to an end, the class agreed that we had a great time, and felt that we learned some really valuable things. It was a truly unique experience, and opened our eyes to a whole new modality for treating patients.
If there is a medical outcast in our vibrancy. despite the aesthetics, I left with a sense of providing the patients with brief conversa-
program in the TV room. Nurses shuffle the rare phone call or to catch a mid-morning
dull with little movement. Patients generally psychiatric ward resonate with a hollow thud
The impersonal walls of the 7 East rarely fades. A psychiatric diagnosis leaves a
you are. Live with
from the core of who you. strength that radiates
with an energy and
Live each day, meet
and through every stage
of your life. Take care of
yourself inside and out. Be intentionally well.
renewal on a psych ward
sam love, m3

Poliovirus is a disease of the past for most of the world, but over the past few years it has been popping up throughout Central Africa. As of November 9th, the WHO has reported 184 cases of polio paralysis and 85 deaths due to an outbreak centered in Point Noire, Congo and neighboring Angola and Democratic Republic of Congo.

Polio is a virus that is mainly spread fecal-orally, like through a contaminated source. Most people infected will exhibit a mild viral illness, but in some, the virus will travel through the blood stream to infect the spinal cord and cause paralysis (like with President FDR). Before it was eradicated from the Western Hemisphere in 1994, it infected hundreds of thousands of children and adults in the United States alone.

Polio is a story of resilience. The Global Polio Eradication Initiative (GPEI) is a non-profit organization created by Rotary International, UNICEF, the CDC and others, and polio has been eradicated from much of the world, with the exception of 4 countries where it remains stubbornly endemic: Afghanistan, Pakistan, India and Nigeria. As a result of GPEI’s efforts, the global Polio case load has been reduced by 99% since their creation in 1988. However, the virus has slowly spread to 24 other African countries over the past few years. GPEI has fought back with a giant immunization campaign in 2009 that was strongly backed by many African governments. Because of this current outbreak in Congo, GPEI began a vaccine initiative on November 12th to immunize 3 million people with the oral polio vaccine in hopes of stopping the virus – a difficult task due to regional political unrest.

In the past, polio mainly infected children but this outbreak is affecting adults and adolescent males. One theory is that young children and infants were vaccinated for polio during immunization campaigns leaving the older populations at risk. And because the children were vaccinated with a live weakened virus, more women have been exposed to the virus by changing diapers and caring for their kids, providing them with some immunity.

If you want to learn more or help, you can donate to the vaccination campaign at www.polioeradication.com.

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Family Medicine Interest Group Fights Breast Cancer

On October 16, 2010, the Family Medicine Interest Group participated in the American Cancer Society’s Breast Cancer Awareness Walk/Run. We had 17 participants that raised $1,230.00! The money raised by our participants will go towards breast cancer research.

Breast cancer is a disease that has touched almost everyone in one way or another. According to the American Cancer Society: this year 207,090 new cases of invasive breast cancer will be diagnosed in women, 54,010 new cases of non-invasive breast cancer, and 39,840 women will die from breast cancer. Breast cancer is the second leading cause of cancer death in women, exceeded only by lung cancer. The chance that breast cancer will be responsible for a woman’s death is about 1 in 35 (about 3%). From these statistics alone, it is easy to see that breast cancer awareness and research is very important.

Even though Breast Cancer Awareness month was October, you can still get involved by going to www.cancer.org and exploring the many ways to donate and participate. To stay up to date with future FMIG events, find us on Facebook!

Prostates Need Awareness, too!

Enter, MOVEMBER Madness.

M1 and M2 dudes go head to head (or ‘stache to ‘stache) to raise money and awareness for prostate cancer research and support.

By now, you may have noticed a lot of M1s and M2s who are attempting to grow mustaches. No, we’re not jumping on the hipster mustache bandwagon. And we aren’t transforming into a dastardly mob of super-villains intent on tying pretty ladies to the train tracks. Nor are we inordinately devoted fans of Burt Reynolds or Yosemite Sam. We just hate prostate cancer. What’s that, you say? What in tarnation do mustaches have to do with prostate cancer? Read on...

Movember began in Australia in 2003 when a bunch of guys wanted to combine awesome facial hair with awareness of men’s health issues. No money was raised in the first year, but the guys realized that the mustaches sparked conversations that could be used to talk about men’s health. Things got a little more serious in 2004 when 432 Mo Bros raised $55,000 for the Prostate Cancer Foundation of Australia. Since then, the movement has steam rolled, and in 2009/10 $25.7 million Mo Bros and Sistas raised $42 million worldwide. In the United States, funds raised through Movember.com benefit the Prostate Cancer Foundation and LIVESTRONG—the Lance Armstrong Foundation, for research and programs that support young men and their families as they battle and survive cancer.

So, the M1s and M2s are having a friendly competition. Several competitions, actually. We’re going to see who can grow the best mustache (and who grows the worst). The rules are simple. You had to be clean-shaven on Movember 1st, and you are not supposed to grow any facial hair that is not a mustache. Easy right? Deep down, every guy wants to be able to sport a stache, but he also knows that very few men actually look good with one. Well, this contest gives us the perfect excuse for discovering whether or not we are members of that select few.

The more serious competition has to do with raising money for prostate cancer research and survivor support. This is where you come in. Each class has set up team sites to collect online donations. If you’d like to get involved by supporting the M1s, go to http://us.movember.com/mospace/740890 to donate, or if you’d rather support the M2s, go to http://us.movember.com/mospace/789614. Either way, you’re helping out!

To raise money, the M1s designed and sold the coolest tee shirts ever printed. Unfortunately, it’s too late to order this year, but there will be new designs for Movember. For those of you who are unfortunately enough to have missed the M1 Movember shirts (for those of you who, like me, just want another Y osemite Sam. We just hate prostate cancer. What’s that, you say? What in tarnation do mustaches have to do with prostate cancer? Read on...

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**Herbal 101: Sniffles**

By: Brian McCrate

This month’s installment takes a look at three potential herbas to use to stave off the winter sniffles! Read on to find out more!

**Echinacea**

(ándemic coneflower, snakeroot, scurvy root, sonnenhut-wurzel)

What is it: A herbaceous flowering plant of the daisy family native to the United States, specifically Kansas, Nebraska, and Missouri. When chewed, they impart a pungent taste and cause tingling of the lips and tongue. They were first used by Native Americans.

Potential Uses: Immune system stimulant, Upper respiratory tract infections, Antiviral, Anti-inflamma-

What is it: A tall shrub that is native to North America. The Elder Fowers and berries have been used for centuries as a flavoring and medicinal agent. Elderberries have also been used as sweetening agents and made into wine.

Possible uses: Immune system stimulant, Antiviral, Antioxidant, Diuretic and Laxative. There is limited data to suggest elderberry, specifically sambucus, may limit the course of the common cold. Animal data shows that elderberry stimulates the release of inflammatory and anti-inflammatory chemicals; however, the exact mechanism is poorly understood.

**Lysa and Jake having high tea at the Coeur de Lion**

**Lyciihia Root**

(Glycyrrhiza glabra)

Bottom Line: This pretty flower may have some potential. However, check with your doctor or pharmacist first and do not use for longer than eight weeks.

**Elderberry**

(Sambucus Canadensis)

What is it: A shrub whose roots are native to the United States. The Elder Fowers and berries have been used for centuries as a flavoring and medicinal agent. Elderberries have also been used as sweetening agents and made into wine.

Possible uses: Immune system stimulant, Antiviral, Antioxidant, Diuretic and Laxative. There is limited data to suggest elderberry, specifically sambucus, may limit the course of the common cold. Animal data shows that elderberry stimulates the release of inflammatory and anti-inflammatory chemicals; however, the exact mechanism is poorly understood.

**Licorice Root**

What is it: A shrub that grows in subtropical climates in rich soil. This plant can be found throughout the world and has long been used as a flavoring agent and herbal remedy. The use of licorice root dates back to the Roman Empire and was once used by Hippocrates. The root possibly contains many active chemical compounds.

Potential Uses: Antiviral, Cancer, Ureter Stomach, Anti-inflammatory, Diabetes, Arthritis, Anti-plaque agent, and hormonal effects (lowering testosterone and estrogenic activity). Licorice root, specifically glycyrrhizin, may have potential benefit in hepatitis and herpes; however, data is limited. The exact mechanism of action is unknown.

Dosing: Unknown

**Bottom Line:**

This month’s installment takes a look at three potential herbas to use to stave off the winter sniffles! Read on to find out more!

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This month’s installment takes a look at three potential herbas to use to stave off the winter sniffles! Read on to find out more!

**Echinacea**

(ándemic coneflower, snakeroot, scurvy root, sonnenhut-wurzel)

Empire and was once used by Hippocrates. The root possibly contains many active chemical compounds.

Potential Uses: Antiviral, Cancer, Ureter Stomach, Anti-inflammatory, Diabetes, Arthritis, Anti-plaque agent, and hormonal effects (lowering testosterone and estrogenic activity). Licorice root, specifically glycyrrhizin, may have potential benefit in hepatitis and herpes; however, data is limited. The exact mechanism of action is unknown.

Dosing: Unknown

**Bottom Line:**

This pretty flower may have some potential. However, check with your doctor or pharmacist first and do not use for longer than eight weeks.
After the season’s disappointing start, Rebel fans hoped things might turn around in SEC play. However, after a three-game skid including convincing losses against Alabama, Arkansas, and Auburn, the Rebels hopes for returning to a bowl game are meager. Houston Nutt’s 4-5 squad will finish the season with games against Tennessee, LSU, and Mississippi State, needing at least two victories for a bowl game berth. A win at Knoxville is possible, but defeating the Bulldogs at Death Valley and boosting a strong MSU team is unlikely. My prediction: the Bulldogs finish 5-7 and fail to play in the postseason.

No. 17 Mississippi State
Dan Mullen’s leadership has propelled the Bulldogs to their highest national ranking in over a decade and rewritten the question, “Will State play in a bowl game?” to “What bowl game will State play in?” Furthermore, that 14-17 loss to Auburn in early September becomes more impressive with each passing week, as the Bulldogs remain the only team to limit Heisman frontrunner Cam Newton’s dominance. The entire university, fans hoped things might turn around in SEC play. However, after a three-game skid including convincing losses against Alabama, Arkansas, and Auburn, the Rebels hopes for returning to a bowl game are meager. Houston Nutt’s 4-5 squad will finish the season with games against Tennessee, LSU, and Mississippi State, needing at least two victories for a bowl game berth. A win at Knoxville is possible, but defeating the Bulldogs at Death Valley and boosting a strong MSU team is unlikely. My prediction: the Bulldogs finish 5-7 and fail to play in the postseason.

No. 11 Alabama
With its season at the hands of the “Mad Hatter” Les Miles in Death Valley, the Crimson Tide’s chance of repeating as BCS National Champions is extinguished. However, the Tide will continue to play a major role in determining the composition of the National Championship, as the Iron Bowl showdown against Cam Newton and Championship-contender Auburn is scheduled for Nov. 27. My prediction: the Crimson Tide finishes 9-3 and plays in a New Year’s bowl game.

No. 5 LSU
This year’s SEC Cinderella, LSU continues to find a way to win, largely the result of Les Miles’ much-disputed but ultimately brilliant play calling and consistent performances from quarterbacks Jordan Jefferson and Jarett Lee. With their only loss against No. 2 Auburn, the Tigers are poised to win out for the remainder of the season, pending a victory in Little Rock. No. 27 LSU’s BCS fate depends on the play of Oregon, Auburn, TCU, and Boise State, but the Tigers are certainly the one-loss team with the best chance of reaching the National Championship. My prediction: the Tigers finish 12-0, win the SEC championship, and secure a BCS championship berth, with Cam Newton becoming the third player in Auburn history to win the Heisman trophy.

Around the SEC
Ryan Mallett continues to shine, and the No. 14 Arkansas Razorbacks are the nation’s number two passing offense; the Hogs look poised to add a third Top 25 finish. No. 24 Florida exited the Top 25 polls for one week following a three-game skid with losses to Alabama, LSU, and MSU, but the Gators appear to have regained their stride and are looking to return to the SEC Championship pending their SEC East showdown with the No. 22 South Carolina Gamecocks on Nov. 13. Kentucky has proved a formidable SEC opponent and can claim a bowl berth with one more victory, while Vanderbilt, Tennessee, and Georgia remain non-factors in SEC play.

What’s your experience with cranberry sauce? Those lovely tart bouncy beauties? I used to think that cranberries only came in a can and you had two options: jelly or clumpy, ha. Or if you were extra fancy, you got the dried cranberries instead of raisins in your trail mix. So a few years ago I noticed them popping up in the grocery store once fall came around...intrigue set in and then one thing led to another...I became a cranberry fiend! I guess I had never really seen them in the produce section, but I’m so glad I finally discovered fresh cranberries! And after this gentle intro to the fabulous fruities and pick out all the bad ones. You can make a very easy cranberry sauce for turkey, or make it thick jelly. Try it out for your-
Jonathan Giurintano, M3

The passing of Halloween means one thing: the Holiday season is upon us, even if December 25 is more than six weeks away. I’m not a fan of Christmas songs. Maybe it’s because my mother listens to Christmas music nearly year-round, and as a young child I was subjected to hours of John Denver’s Rocky Mountain Christmas along with Christmas ballads from the likes of Jimmy Buffett. Perhaps it’s because I can’t recall a time when I believed in Santa Claus — when I was the tender age of three, my older sister Christina (PGY-2 Radiology) found out the truth on Christmas Eve and promptly proceeded to alert me of her discovery.

Regardless, I’ve never been one to get into the Christmas spirit; that is, until I discovered Songs for Christmas by Sufjan (it’s pronounced soof-yahn, people) Stevens. A collection of covers and instrumentals of carols, hymns, and original songs, Sufjan turns out over forty tracks in this unheralded box set. Stevens combines acoustic guitars, piano, and vibraphones with his signature banjo for beautiful covers of Amazing Grace, O Come O Come Emmanuel, O Holy Night, Joy to the World, and other traditional Christmas songs. Originals such as “Put the Lights on the Tree,” “Come on! Let’s Boogey to the Elf Dance!” and “That was the Worst Christmas Ever!” add a refreshing, lighthearted quality to the album and allow both those celebrating the fundamental, religious nature of Christmas and those celebrating the holiday’s secular aspects to find the Christmas spirit in the album’s melodies. At $15.99 on iTunes, Songs for Christmas is a great stocking stuffer that your friends and family can enjoy for many Christmases to come. Plus, it is Mom-approved!

Must listen: “That was the Worst Christmas Ever!” “O Holy Night” “O Come O Come Emmanuel”

Say goodbye to Halloween with some cute fall images. Get ready to say Happy Thanksgiving and Merry Christmas! Photos by My-Linh Ngo

Strength. Stability. Confidence.

Book Holiday Catering now 2009.pdf
Now I can... get back in the groove

“If I could walk, I would be flat out the door.”

When Chris Gill wrote the lyrics for “Hospital Blues,” he feared his music career might be over. An 18-wheeler had crashed into his SUV, leaving Chris with a severe brain injury and broken bones from head to toe.

But therapy at Methodist Rehab Center helped Chris get back to playing his signature “island blues.” And now he sings the praises of MRC staff. “They are so caring and giving,” he says. “They are helping people every day.”