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Secluded, yet conveniently located to the University of Mississippi Medical Center!
UMC Happenings:

I hope everyone enjoyed the Back to School party! If you have any suggestions or comments, please feel free to email me at mngo@umc.edu. College Pick Em is also in full swing. Winners are announced weekly, and bragging rights will ensue. Be on the lookout for tickets to the MS Symphony this month and tickets to the State Fair in October. Our next party is the Halloween Party on October 28th at Hal and Mal's. Start planning your costumes now. There will be prizes!

V.P. COLUMN

JACKSON EVENTS

Music in the City
9.6 and 10.4 at 5:15pm in Trustmark Grand Hall, MS Museum of Art.

In partnership with St. Andrew's Cathedral, the museum brings a series of free concerts once a month.

CelticFest Mississippi
9.9-9.11 at the Mississippi Agriculture and Forestry Museum.

Enjoy the 20th anniversary of CelticFest with Irish and Scottish music and dance, plenty of food, and lots of vendors. Visit CelticFestMS.org for more info.

The Market in Fondren
9.17 from 8am-12pm at the corner of Duling Ave and Old Canton Road.

Find plenty of art, handcrafted jewelry, homemade jams and jellies, live music, etc.

HeARTWorks Art Show
9.22 5:00pm at Fischer Galleries.

HeARTWorks is an art ministry to the people in and around the Stewpot community. Proceeds from the sale of the artwork benefit the artists and Stewpot Community Services.

Symphony at Sunset.
9.22 7:00pm at the Cedars Historic Home.

Fondren Renaissance Foundation hosts an evening of music from the MS Symphony Orchestra. Bring blankets, lawn chairs, and picnic baskets.

Jackson Arts Collective Fall Showcase
9.24 5:00pm at The Commons at Eudora Welty's Birthplace.

Annual event highlights the Jackson arts scene through music, dance, visual artists, poetry, spoken word and comedy.

Battle of the Bands
9.25 3:00pm at Mississippi Coliseum.

High school and college marching bands compete including JSU, Alcorn State and Southern University.

White Elephant Sale
10.1 8:00am in Fondren Hall.

Purchase unique merchandise from local merchants.

Town Creek Arts Festival
10.1 10:00am at MS Museum of Art.

This festival features MS artists, craftsmen, food from local vendors, and live performances on the Art Garden stage.

Mississippi Watercolor Society
Grand National Watercolor Exhibition
10.1 10:00am at MS Museum of Art in the public corridor.

Annual presentation includes works from across the country in various water-based mediums.

Fondren After 5
10.6 5:00pm in Fondren.

Monthly event showcases the local Fondren shops, galleries, and restaurants.

Making Strides Against Breast Cancer Walk
10.8 9:00am at the Mississippi State Capitol.

Registration is at 7:30am and the opening ceremony is at 8am. Proceeds from the 5K walk benefit the American Cancer Society. Visit makingstridesjackson.org for more info.

Sincerely,

My-Linh Ngo, M4
ASB Vice President

My-Linh Ngo is an M4, she enjoys buffalo burgers, swimming in hot springs, and avoid- ing Giardia. Her greatest ambition is to pet a giraffe.

Around the Area Events:

Fire & Feast
9.9 5:00pm at the Yazoo County Fairgrounds.

BBQ competition and festival includes arts and crafts and all-night concert with performances by Jackie Bell, Marke “Muleman” Massey, the Alphonso Sanders Jazz Trio, D'Mar and Gill, Margaret Phillips and Calvin Richardson. The MS Firefighters Memorial Burn Association receives a portion of the proceeds.

Muscadine Jubilee
9.10 10:00am at the Muscadine Pavilion in Pelahatchie, MS.

Enjoy food, shopping, and family activities. Marty Stuart performs at 3pm.

Arts on the Square
9.16-9.17 in the historic Canton Square.

Shop for artwork, watch art demonstrations, and enjoy music.

Olde Towne Market
10.8 9:00am in downtown Clinton, MS.

Vendors will be selling everything from fresh produce to unique handmade crafts.

Sincerely,

My-Linh Ngo, M4
ASB Vice President

My-Linh Ngo is an M4, she enjoys buffalo burgers, swimming in hot springs, and avoiding Giardia. Her greatest ambition is to pet a giraffe.
back to school party
The Mississippi Society of Health-System Pharmacists (MSHP) hosted its 58th Annual Meeting in Oxford, Mississippi, on July 28th-30th. Each year pharmacists that are a part of the health-system practice setting in Mississippi gather together for a few days of fellowship, continuing education seminars, good food, and fun. Pharmacy students are invited to attend the conference for an opportunity to network with other pharmacists and residents from across the state.

The conference kicked off on Thursday afternoon at The Inn at Ole Miss. The meeting began with the opportunity to attend a few educational seminars in the afternoon; topics covered various methods to better treat hypothermia, and the future of pharmacy. Thursday evening was the silent auction, one of the highlights of the conference. The silent auction is a fundraiser that goes to support the MSHP grant program which helps provide research grants for residents and practitioners. During the silent auction there was an exhibition, as well as food and drinks for the attendees to enjoy. The silent auction was an optimal time to interact with everyone in attendance, while trying to outbid your fellow classmates and colleagues on items such as restaurant gift cards, pottery, and gift baskets donated from businesses all over the state. Student pharmacists were integral in obtaining the silent auction item donations.

Friday morning the conference resumed with more continuing education seminars. Also on Friday morning, there was an educational session for the students to interact with current pharmacy residents from all over the state. The students were able to take this opportunity to ask the residents questions about applying, obtaining a residency, and understanding the role of a resident. It was very informative and extremely beneficial in helping the students get prepared for the upcoming application process. Friday afternoon was free time for everyone to enjoy an afternoon in Oxford and experience Oxford’s charm and good food on the Square. Friday evening, the awards banquet and officer installation were held at the Powehouse. This was enjoyable and was a wonderful opportunity for students to thank their sponsors who made it possible for them to attend the meeting free of charge.

The meeting came to a close on Saturday morning. Another educational session was held for students discussing how to handle finances after entering the working world. It was a very informative session and helped everyone understand more about paying loans and budgeting once paychecks begin.

Overall, this was a great conference for students and pharmacists to attend. It was an invaluable opportunity to interact and network with pharmacists from across the state to help further professional relationships. Everyone thoroughly enjoyed the time spent in Oxford, and it provided a unique experience for the students that attended.
For the first restaurant review of the year, we decided to choose a place that was close to UMC, fairly new, and not too well known. We set off to try out the newest restaurant to the Fondren scene, Fatsumo Sushi.

We both have an appreciation for sushi and for a good restaurant atmosphere, so as soon as we walked in we were pleased. Fatsumo is small, but brimming with modern flare and funky décor, complete with a small bamboo encased patio.

The friendly wait staff was prompt and helpful in recommending the “favorites” on the menu. We started with Bada Bing as an appetizer, which is the livelier cousin to the Bang Bang Shrimp from Bonefish we all know and love. It was delicious, and probably our favorite taste of the night. Next we picked three sushi rolls:

- **Jamaican Me Crazy Roll**: Claire said, “It tastes like Christmas!” This tempura shrimp roll with cream cheese and coconut was finished in a ginger orange marmalade sauce, an exotic combination of seafood and sweetness.
- **Firecracker Roll**: Inside this jumbo roll is a mixture of minced fish and scallions that is tempura fried and wrapped in avocado, cucumber, and wasabi mayo. This was our favorite roll! Not spicy, unlike the name, but still an enjoyable dramatic blend of flavors.
- **Playboy Roll**: This shrimp roll topped with blue crab salad and layered tuna topped with eel sauce was not as vivacious as its name or description implies. I described it as “minimal” – with a name like that, there has to be some excitement, and instead there was much left to be desired.

In the end, we enjoyed the meal. Would we return? Sure, but probably not as a first choice for sushi, but instead for the atmosphere and proximity to UMC.

**WE ASKED... THEY ANSWERED**

**When did you guys open?** April 11th, 2011

**What makes you different from other sushi restaurants in Jackson?**

- Close to UMC and in the heart of the artsy Fondren district
- Trendy ambiance with a full bar offering everything from sake to beer to wine and mixed drinks
- Outside dining, although outdoor seating is limited
- Great lunch specials

**Cons:**

- Limited menu: If you have a big appetite or you’re a big sushi connoisseur, this may not be the place for you. The menu was small with only eleven original house rolls and about the same number of lighter, simple rolls.
- They wouldn’t offer us a limited time UMC student discount. We tried, but they were a no-go. Sorry folks!
- No happy hour or dinner specials

**Pros:**

- Close to UMC and in the heart of the artsy Fondren district
- Trendy ambiance with a full bar offering everything from sake to beer to wine and mixed drinks
- Outside dining, although outdoor seating is limited
- Great lunch specials

**What is the customer favorite item on the menu?** Jamaican Me Crazy Roll

This past summer, I spent 7 weeks in Washington, D.C. working in the health policy arena with a primary focus on learning about the new healthcare law—the Affordable Care Act (ACA). I worked primarily for a lobbying firm by the name of BGR Group, also known as Barbour, Griffith, and Rogers. As a large, bi-partisan lobbying firm, BGR functions as a direct liaison between clients with special legislative interests and the Congressmen that make decisions about those interests.

On Monday through Thursday of every week, I worked closely with BGR’s health policy team. My obligations included covering Congressional hearings, writing memos, sitting in on client meetings, and researching various health policy issues for the firm. Every Friday, I participated in the American Medical Association Government Relations Internship Program. This program provided an opportunity for eight medical students around the country to discuss the issues directly affecting us as future physicians. Medical students from California, Iowa, Vermont, Texas, Pennsylvania, and South Carolina brought a diverse set of opinions to the table and ensured for a healthy debate.

The following is a list of 10 lasting impressions I gathered from my time in Washington:

1. The fate of the “individual mandate” in the ACA remains unknown and will likely be decided by the Supreme Court next fall.
2. If the “individual mandate” requiring all Americans to buy insurance is ruled unconstitutional, what happens to the rest of the ACA? Nobody knows.
3. The American Medical Association played a vital role in the passage of the ACA. Some physicians supported that role while others did not.
4. Medicaid and Medicare funding will be on the chopping block in future deficit reduction talks, led by a newly formed, bipartisan “super committee” of Congressmen.
5. Many discretionary funding mandates in the ACA subject to yearly Congressional approval will likely be reduced or not implemented at all due to the budget deficit.
6. Some states have refused to begin implementing state-based insurance exchanges because they are hoping the ACA will be ruled unconstitutional.
7. Many physicians were elected to Congress following 2010 elections. Currently, there are 18 physicians in Congress.
8. Physician specialty/subspecialty organizations are gaining an increasingly strong presence in D.C. politics. Membership numbers in specialty organizations have been on the rise following the American Medical Association’s endorsement of the ACA.
9. The ACA will focus on improving the quality of care by providing numerous quality-based incentives for health care providers.
10. While various parts of the ACA may be repealed, it is highly unlikely that the entire law will be—unless a Republican wins the 2012 Presidential Election. In that case, all bets are off.

By Rob Gathings, M2
Members of the OT Class of 2013 gathered at Sweet Peppers Deli on August 18 to raise money for a trip to the American Occupational Therapy Association’s Student Conclave next year. The OT2s greeted guests, delivered customers’ food and bussed tables for the night.

OT2 Whitney Graham serves up a giant spud to a customer.

Physical Therapy Class of 2014 Bake Sale

On August 18th, the department of Physical Therapy Class of 2014 held a bake sale in the Student Union. All proceeds helped to fund a trip to next year’s National Student Conclave.

Pictured from left to right: Shenika Kelly, Mary Oyelaye, Jerrick Rose, Erica McInnis, David Carter, Chandra Minor.

During the Student National Dental Association’s 39th Annual National Convention in Baltimore, MD, this summer, members from UMC’s Dental School were not just there to relax and enjoy the activities, but they were working hard to obtain seats on the SNDA’s Executive Board and being rewarded for their hard work during the 2010-2011 school year. Their accomplishments included: winning chapter of the year; winning first place on the scrapbook submission; and gaining three positions on the national level, Vice President-Mary Oyelaye (D3), Treasurer-Shenika Kelly (D4), Representative to the National Dental Association House of Delegates-David Carter (D2).

The convention included workshops on subjects such as health disparities, a charity basketball game sponsored by Procter and Gamble at the Carmelo Anthony Youth Center, research poster presentations, a masquerade ball, dinner with Nikki Giovanni as the guest speaker, and dinner in conjunction with the National Dental Association with Congressman Elijah Cummings as the guest speaker. It also allowed an amazing opportunity for networking with other dental students across the United States.

The SNDA’s mission is promoting and encouraging the increase of minority enrollment and retention in dental schools; educating its members in the social, moral, and ethical obligations of the profession of dentistry; promoting a viable academic and social environment for minority students; and committing to the improvement of the delivery of dental health to all people, with an emphasis on minorities and the underserved.

Pictured from left to right: Eric McInnis, Chandra Minor, Mary Oyelaye enjoying the masquerade ball.

Pictured from left to right: Chandra Minor, Dr. Roy Irons, David Carter; bottom row Erica McInnis, Mary Oyelaye, Jerrick Rose.

By Deiondria Lee
Revolution Jackson hosted a volleyball tournament at Liberty Park in Madison on Saturday, August 27. Participants brought hygiene items that will be donated to the Opportunity Center, a day-shelter for the city’s homeless. UMC was represented by medical, dental, and occupational therapy students. Revolution Jackson is a non-profit organization that works to connect people with various service projects across the city. For more information on Revolution Jackson, you can visit www.RevolutionJackson.com or www.twitter.com/RevolutionJxn.

Ready or not, UMMC students—change is on the horizon, although the significance of this change may not become apparent to us right away. As we are working, learning, and contributing time and talents to become better health professionals, there is a group of innovators in our school who are also working, learning, and contributing time and talents to make UMMC a better institution. And while immeasurable effort has already been put into the development of a plan that meets the growing needs of UMMC, the work has only just started—and it will undoubtedly be worth it in the end. As Dr. David Powe, Chief Administrative Officer and Chair of the UMMC Master Planning Committee, points out, “Mississippi is on the top of a lot of lists, and many of those lists are not good. We’re Mississippi’s only academic health science center, so our responsibility is to plan for the future—to meet the healthcare needs of all of the citizens.” And how does the one academic health science center in the state manage to meet all of these needs? By increasing production. “We have to produce more physicians, more dentists, more physical therapists, more nurses, more allied health professionals, and generate more research by increasing the number of funded researchers,” Powe states.

The goal here is simple: expansion, starting with the new School of Pharmacy and continuing as far as resources allow. But the path to this end has proven to be much more complicated. Every factor in the plan affects another; it is constantly evolving, constantly re-evaluated to reach its potential in efficiency. There are multiple groups of people affected by it; not only students, but faculty, patients, visitors, hospital staff, and all employees are going to be shifted around to help things run as smoothly as possible. Numerous mission area committees have been formed, and a great deal of expert advice considered, as the leaders of our medical center plan the expansion process to its smallest detail. While there is far too much information to encompass everything that has gone into the expansion project, here are the highlights most applicable to students:
District Designations

In order to simplify and to increase convenience, UMMC is being divided into several different districts:

- A clinical district encompassing the south-eastern corner of UMMC, which will eventually include a new entrance onto campus, new pediatric and adult ambulatory clinics, and the cancer Treatment Institute, central imaging facilities, and a 1000-car parking garage. An addition to Batson Children's Hospital is also planned.
- A research/mixed-use district, including a Cancer and Biomedical Research Building, 200-room specialty meeting hotel, a 600-space parking garage, another research expansion building, and two mixed use building along Old Canton Road.
- The education district includes the existing Learning Resource Center, as well as the SHRP, Student Union, Dental School, the new School of Pharmacy, and a new School of Medicine, which is projected to begin construction in the next 2 years or so.

Parking and Roads

The Wayfinding and Parking Committees have worked diligently on the issue of parking and directional signage throughout the campus. Parking will be a major focus since many of the new buildings will take the place of existing parking:

- In order to provide for those who will be displaced, new parking lots and parking garages will be built; in the meantime, the shuttle system has been redesigned to utilize the system to its greatest potential.
- A new loop road going all around campus will be built to expedite the flow of traffic.
- Additionally, an Education Promenade and School of Medicine Quadrangle are being designed as pedestrian walkways with shade trees, special paving, and seating areas.

Outdoor Spaces

New outdoor spaces are being designed as well, most notably, the Commons, a new major campus landscape adjacent to the Student Union. The Commons will feature large shade trees, some sort of water feature, and an amphitheater. These landscapes are to be implemented in the next 5-8 years.

It is impossible to describe all of the additional components and details that are included in this plan, yet this is truly only the beginning. Currently, the 5 miles extending from I-55 down Woodrow Wilson all the way to Hwy 220—including land owned by UMMC—will be put enhanced, turning this area of Jackson into a "medical district/corridor". Presently there are 50 partners, including UMMC, collaborating to make this vision a reality. The Jackson Medical Mall Foundation is leading this very important initiative and has hired a consultant to develop a strategic plan for the corridor. The idea is that Jackson would be a destination for healthcare in all clinical, research, and academic aspects, and this unique capability would attract people from all over the country to treat, to be treated, to teach, or to learn. This would improve not only the quality of healthcare in our state, but the quality of life in our state as a whole, as new jobs would be created and more money poured into state coffers. This is a huge endeavor, but one step at a time, our leaders are determined to lay out the vision and give it the push it needs to start moving—even though many of us will likely never see this planning and work come to fruition. The most that students will see in the next few years is some infrastructure work, and a lot of dirt moved around. In fact, some of the work will seem like a terrible inconvenience, but the end goal allows an incredibly positive outlook. Dr. Powe says it best: “The leadership team is taking and developing a roadmap to create a great academic medical center in the state of MS, with national recognition in all of its mission areas, to meet the healthcare needs of the citizens – and wow, that’s big. The day I leave here, I’ll be so proud that I served on a great leadership team that had a part in this period of time in the growth and preparing for the future. Most of us will not be here when all this happens, and I surely won’t. At some point I’ll retire – but I can look back and say, ‘Well, I played a part in the growth of this great institution.”’ It’s an exciting new venture that will impact thousands in the future, and every student enrolled at UMMC is able to see it in its most hopeful stage—the beginning.
The American Student Dental Association is a national student-run organization that protects and advances the rights, interests and welfare of dental students. It introduces students to lifelong involvement in organized dentistry and provides services, information, education, representation and advocacy.

On August 15th, while many of UMC’s schools were starting fall semester, the dental school faculty and students took time to celebrate and support ASDA by hitting the green at the annual ASDA golf tournament.

Pure talent was displayed. Competitive spirits were unveiled. Raffle prizes were won. And, yes, utmost style was exhibited.

To learn more about the American Student Dental Association, go to www.asdanet.org.
School is officially in full swing and most of you have now experienced the trauma of your first exams of professional school. Big breath in... Count to three... Now slowly breathe out. I remember the devastating mental anguish of my first gross anatomy exam as an M1. I left the school once it was finished, crawled into the car with my roommates, and we drove silently home while listening to “It’s Tearing Up My Heart” by N*Sync. When I got home I ate a whole box of SpongeBob SquarePants Mac and Cheese, showered away the smell of formalddehyde, and then commenced with ethanol therapy. Ahhh... There’s nothing like the stress of exams, the distance from home, and that intoxicating smell of formalddehyde that just can’t get rid of to make us all crave those irresistible foods to make us feel warm and toasty inside. Foods like mac and cheese, loaded mashed potatoes, lasagna, meatloaf, pecan pie, apple pie, and peach cobbler are staples to most Southerner’s comfort food selections. We all have our favorites when we get stressed out: I have been known to attack a pan of brownies like a savage dog; don’t stand directly between My-Linh Ngo and Velveeta Rolo unless you want to get pummeled by a black-belt Asian; I’ve seen Amy Downs tackle a box of Double Stuffed Oreo’s like it’s a sport and she wants to become the world champion; and Corey Shook eats Mexican food like a monkey on a banana. Whether your favorite is cheesy, sweet, salty, or buttery, I’m guessing it’s unhealthy. I’ve yet to meet anyone who tells me that when they get stressed out all they want to do is go to town on some cucumbers and celery.

It’s not lack of self-control or insanity that prompts the response to become a Chocaholic. There’s a biochemical explanation for our comfort-food seeking behavior. When under stress the body stimulates the release of glucocorticoids from the adrenal glands. These hormones prompt our brains to seek out high-energy foods as a means to store energy to handle the upcoming stress. In a long term, chronically stressful situation (umm... yeah, I’m pretty sure professional school would fall into this category) your body is constantly bombarded with high levels of these hormones. Feedback inhibition goes away and weight gain, central obesity, and Type II diabetes are the results. But not to worry!! We’re going to keep that from happening! Just read on.

At home, comfort foods were never in short supply. While growing up, a few of my favorite comfort foods were the casseroleos and cobblers my grandmothers could make. These foods seem to kindle something inside that makes you feel calm, comfortable, sleepy, and satisfied. The downside to turning to these comfort foods is that most of them are packed with fat, sugar, and calories. Over the course of the next few years, we will all be experiencing a lot of stress; as a result, unhealthy habits are easily picked up, whereas maintaining healthy habits becomes increasingly difficult when you butt seems to never leave the seats of the lecture hall, classroom wing, or desk chair. In this month’s column, I’m taking a couple of my favorite comfort foods and making them low calorie and healthier. First, I’ll be making my mom’s Tater Tot Casserole and my low-cal spin on it. Second, I’ll be making my grandmother’s Peach Cobbler and changing it up to make a low-sugar version that won’t bust your belt buckle. Close your eyes, cross your fingers, and say a little prayer for this month’s taste testers!

**Mississippi’s Population Impacts Competitiveness in Collegiate Sports**

Why are Ole Miss and MSU not among the SEC football elite each year? Part of the answer lies in state populations.

State and Ole Miss have enjoyed seasons of SEC success and both have advanced deep into post-season play in multiple sports over the years. However, the NCAA recognizes 1960 as the only year a football national championship trophy called Mississippi home. That trophy belongs to Ole Miss who claimed the 1960 season at 10-0.

The Associated Press recognizes Mississippi as the 1960 National Champion, but that final poll was released before the bowl games that year. Mississippi lost in the Rose Bowl that season, and Ole Miss won the Sugar Bowl, leaving the SEC and NCAA to recognize the Rebels as national champions. So why is collegiate football in Mississippi not “elite” year in and year out like our neighbors in Louisiana and Alabama?

A quick look at the numbers offers one explanation. The following figures represent the number of NCAA Football National Championships by state in the Southeast since 1951:

<table>
<thead>
<tr>
<th>State</th>
<th>Population</th>
<th>Number of FBS Schools</th>
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</thead>
<tbody>
<tr>
<td>Florida</td>
<td>18.5 million</td>
<td>6</td>
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<tr>
<td>Georgia</td>
<td>9.8 million</td>
<td>2</td>
</tr>
<tr>
<td>Tennessee</td>
<td>6.3 million</td>
<td>4</td>
</tr>
<tr>
<td>Alabama</td>
<td>4.7 million</td>
<td>3</td>
</tr>
<tr>
<td>South Carolina</td>
<td>4.6 million</td>
<td>2</td>
</tr>
<tr>
<td>Louisiana</td>
<td>4.5 million</td>
<td>2</td>
</tr>
<tr>
<td>Kentucky</td>
<td>4.3 million</td>
<td>2</td>
</tr>
<tr>
<td>Arkansas</td>
<td>2.9 million</td>
<td>1</td>
</tr>
<tr>
<td>Mississippi</td>
<td>2.9 million</td>
<td>3</td>
</tr>
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</table>

Our state boasts three FBS (Football Bowl Subdivisions: formerly Division 1A) programs capable of winning a national championship in football, and we represent the smallest state population to have advanced deep into post-season play in multiple sports over the years.

Furthermore, if we expand to other sports, the state of Kentucky boasts multiple basketball national championships from UK and Louisville. South Carolina owns the past 2 basketball national championships. Arkansas owns a basketball national championship and leads the nation in Track and Field national titles. The point is, every state on our list has at least one national championship win or two honestly have the potential for a national title (LSU, Tulane). Therefore, the state of Arkansas represents almost the exact same population but is home to only one FBS school. Therefore, U of A enjoys the same sized in-state athletic pool while we split that same-sized pool three ways.

The state of Louisiana has multiple smaller FBS schools, but only one or two honestly have the potential for a national title (LSU, Tulane). Therefore, they have one less school than Mississippi but a 50 percent larger state population. The state of Alabama enjoys similar figures. Also, the state of Georgia is home to almost ten million people, but only two schools are considered FBS schools in the running for a national title each year. Thus, the high school athletic pool is about five times larger in the state of Georgia as compared to Mississippi.

If Mississippi was home to one FBS athletic program instead of three, our ability to seriously contend for a national title in year and year out would be similar to our neighboring foes. Of course, having one state school will probably never happen and there are hundreds of other issues to take into account on this topic, but it is clear that state population brings a distinct disadvantage to light that our schools must overcome each year to compete at a high level.

Mississippi’s Population Impacts Competitiveness in Collegiate Sports

*Please note other publications besides the NCAA and Associated Press claim more, but these numbers are based solely on the NCAA’s record books.*

1) Alabama: 10 (Bama 8, AU 2)
2) Florida: 10 (UF 3, FSU 2, UM 5)
3) Louisiana: 3
4) Tennessee: 2
5) Arkansas: 1
6) Georgia: 1
7) Mississippi: 1
8) Kentucky: 0
9) S. Carolina: 0

*By Lan Ingram*
Ingredients:
- 1 lb. ground beef
- 1 package Ore Ida tater tots
- 1 cup shredded cheddar cheese
- Salt
- Pepper

Directions: Brown ground beef and onion. Drain excess grease. Add soup and pour into casserole dish. Cover with cheese. Bake at 425°F until tater tots are done and cheese is melted.

Nutrition Facts

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<th>Calories from Fat: 9.5g</th>
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<tr>
<td>Cholesterol: 132mg</td>
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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Maple Grove Farms No Calorie Pancake Syrup

Sincerely,
Andrea Green, M4
community service spotlight: The Mustard Seed

By Susan Denney, OT2

Having grown up in Jackson, I have always known about the Mustard Seed and the wonderful service that they provide for people with developmental disabilities. My earliest memory of the Mustard Seed involves seeing them participating in the Sunday morning worship service at First Baptist Church Jackson. A few years later I came to know about the marvelous ceramics that the residents paint and sell. For the past year, I have had the opportunity to volunteer with the Mustard Seed on several occasions. In the summer of 2010, I started helping out in the Mustard Seed’s ceramics studio cleaning green ware. This past Spring, a few of my OT classmates and I led a craft activity for the Mustard Seed’s St. Patrick’s Day party. Recently, I have started helping out with the Friday fieldtrips that the Mustard Seed takes around the Jackson metro area.

Everyone involved with the Mustard Seed, from the employees to the residents, have a great attitude and spirit about them. Through the overall great attitude and spirit, the Mustard Seed has a very loving and accepting environment for people to come and take part. The Mustard Seed has a variety of areas where they need volunteers, from playing board games and leading craft activities with the residents to helping out in the gift shop on the campus. There are so many ways that you can be involved at the Mustard Seed. No matter what your talents and abilities, the caring staff at the Mustard Seed has an area that will complement the gifts that you have to share. In an interview with Elizabeth Gammill, the program director of the Mustard Seed, Gammill discussed the areas that are the most in need for volunteers. Gammill said that they are always looking for people to volunteer with the “Seedsters” to allow them a chance to get to know and spend time with a variety of people. During the holiday season, help is always needed in the gift shop and the office; volunteers will be needed on the weekends during the holidays as well.

Gammill wants us as students to know that, “there is a place for everyone” at the Mustard Seed. She said they welcome and encourage volunteers to bring their own talents and interests to create different volunteer projects for the Mustard Seed. She relayed to me that each year the Mustard Seed has over 2500 volunteers. According to Gammill, the Mustard Seed could not do what they do without the support they have from volunteers.

Anyone who is interested in volunteering with this wonderful organization can go to their website - www.mustardseedincc.org for more information. An application to volunteer can be found on the website and can be filled out online or printed out and sent by mail to the Mustard Seed. If anyone wants to work directly with the residents at the Mustard Seed, you must send an application through the mail in order for a background check to be done before you can start volunteering. The people at the Mustard Seed have been wonderful to spend time with and I encourage anyone who is interested to get up and get involved with this wonderful organization.

By Susan Denney, OT2

American Academy of Family Physician’s National Conference

By Jessie Lavender, M4

This past July, several of our medical students attended the American Academy of Family Physician’s National Conference for Residents and Students. The conference is held each year at the end of July in Kansas City. The conference is the largest in the nation of its kind. There are several workshops, classes, and events held during the weekend with topics ranging from the do’s and don’ts of residency interviews to procedures for family physicians and residents. There are also over 400 family medicine residency programs at national conference for students to network with.

Mississippi was well represented at this conference. UMC students who attended conference this year were Matt Murray (M4), Anna Marie Hailey-Sharp (M4), Jessie Lavender (M4), Katie O’Neal (M3), and Elizabeth McKey (M3). We also had 3 family medicine residents and our FMIG Faculty Advisor, Dr. David Norris, in attendance. One of our third year family medicine residents, Dr. Brent Smith, was elected the Resident Board Member to the AAFP at conference for the upcoming year.

The Mississippi Academy of Family Physicians, the Family Medicine Interest Group, and other sponsors provided funding for the trip. We greatly appreciate all those who provided these funds.

FMIG has many upcoming events on campus. Please check out what is going on below and plan to attend. If you are interested in becoming more involved with FMIG or just want to learn more about it please send an email to fmig@umc.edu.
Hello, September! I hope school is hummimg right now for everyone, and that despite all the tragedies have befallen you or your grades. If they have, just remember that it is not, in fact, the end of the world, and please allow me to quote you those ironic words from our beloved Mississippi blockbuster: “You is smart. You is important. You is a man. Let people live by. Also, I have a VERY special thank-you to give this month to Mademoi- selle Katie Jones, who is married to one of my classmates, and literally the best graphic designer I’ve every met (I don’t know many, but don’t let that phase you.) She helped me tremendously with this issue of the Murrum, and also every email I’ve sent ever since. (Including this.) But even so, let’s discuss a little thing called:

celiac disease.

Surely you’ve all heard of it, or if not, you’ve at least heard the term “gluten-free,” which describes the diet that this condition requires. As many as 1 in 100 Americans have been diagnosed with celiac disease, and even more have chosen a gluten-free diet due to intolerances or other health issues. I’ve even talked to people who choose to eat gluten-free solely because it’s healthy, and to my first, I have only one thing to say: YOU ARE CRAZY. WHY WOULD ANYONE CHOOSE THIS. Seriously, if you or someone you know is gluten-free just because it’s healthy, send me an explanation via email or something because I’m genuinely baffled.

I want to be very careful with my words here, because self-hatred does not look good on me, and my diagnosis really hasn’t made my world stop at all; I do, however, want to share my own experiences as a person with celiac disease to maybe help raise awareness. People have given me debilitating or con- descending looks on more than one occasion. On top of all of this, apparently National Celiac Awareness Day was September 13th, and I didn’t even realize it until late that night. Celiac Awareness Month was back in May, but I barely noticed that too. So in order to maintain my status as a passionate defender of prejudice against all gluten-free-ness and advocate of justice for celiacs everywhere, here it is: my story. If you can, I hope you’ll be interested.

Celiac disease is an autoimmune condition which causes mucosal lining in the stom- ach and small intestine to become inflamed whenever gluten is ingested, leading to malabsorption and eventually atrophy of the intestinal villi. If untreated, it can lead to scary things like colon cancer and osteopo- rosis—and basically any general result of nutritional deficiency. It is a little difficult to imagine, but many people can go throughout their entire lives without exhibiting symptoms at all. My symptoms started 3 years ago. I spent the summer of 2008 in West Africa, and while there I started having horrible, debilitating stomach cramps and other general problems which are way TMI for this particular publication. I visited doctor after doctor, and was naturally thought to have procured some kind of parasite or infection; I was misdiag- nosed, treated, misdiagnosed, treated again, and again, and again. I started lying to my doctors and faking being well just because I was tired of it all. I had accepted my fate. But the next year—my first year of dental school, in fact—things started getting a tad crazy. Along with the previously stated symptoms, my muscles ached and twitched constantly. I passed out a few times over the course of the year. I walked around in a fog a lot of days. I even woke up one day and couldn’t feel my toes; that is when I started laying it on the line with people who said they had celiac disease or knew someone who needs some- thing. On top of that, I also decided to start eating gluten-free anything containing gluten. If I do slip up (and I have), the painfully uncomfortable repercussions can last over a week. It can be slightly miserable at times.

Anyway. I can’t imagine anyone finding my personal story too interesting; if you have happened to make it this far, I hope this has at least been informative. If you have happened to make it this far, I hope this has at least been informative. I have deliberately omitted the surface of the disease: the deep well that is gluten-free living, and as future medical professionals, I am hope- ful that we are able to see past the textbook definition of any disease and look realistically at the disease on the patient. My eyes have always been opened to a whole new world! (Cue heartfelt Aladdin ballad).

If anyone has any questions about celiac disease or knows someone who needs some- encouragement or information, please email me at theaddress@uc.edu. I love new friends. See you next month!

Mary Catherine Stone
Editor-in-Chief

Dreams: Christmas time too soon? Excited about: Coldplay. September 24th. It’s okay to be jealous.

Crossword

TRIVIA ANSWERS

Across
1. pill
2. pill
3. pill
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Currents:

Reading: A Severe Mercy by Sheldon Vanauken
Listening to: “Who Knows, Who Cares” - Local Natives 
Singing: Deuteronomy 8
Encouraged by: Psalm 130
Dreams: Christmas time too soon?

Excited about: Coldplay. September 24th. It’s okay to be jealous.
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.”

Methodist Rehabilitation Center is a nationally recognized center of excellence in guiding recovery following stroke, brain or spinal cord injury.

For more information, visit methodistonline.org or call 601-364-3434 or toll-free 1-800-223-6672, ext. 3434.