The Mississippi Issue
Welcome to the April Murmur! This issue is dedicated to the wonderful state of Missis- sippi. At first it felt odd to put together an issue about the state of Mississippi while vacationing in Costa Rica, then while looking for a place to live in Chicago where I am headed for residency next year. I realized, though, that sometimes you can view something best when you step away from it. Every time I leave Mississippi, I tend to learn something else I appreciate about it. And just like anyone, I enjoy getting away some- times, but I have come to realize more than ever recently that it’s nice to be here, at home, in Mississippi.

This month’s cover photo contest was one of the most difficult, because all of the images of Mississippi are so beautiful to me. The winning picture was taken on the coast of Mississippi by Josh Paekk, about two years after Katrina. He said the image shows him that while the coast is still rebuild- ing, there are plenty of reminders of the destruction left in the wake of Katrina. He believes that boat is still stuck in the marsh as there is no way to remove it.

You will find in this issue an article on Corinth, MS by Hayes Baker, beautiful images from around the state taken by your classmates, and an article I wrote about a boy from Connecticut asked a Mississippi

Pennies, Nickels, and Quarters give your team POSITIVE points! Therefore, you want to put PEN- NIES, NICKELS, and QUARTERS in your school’s jar. Put DIMES and DOLLARS in other team’s jars. Load the other teams’ jars and take away their points!!

For details on new event “Swinging in Scrubs” read Amanda Harrel’s article. Email Tal Hendrix (Steven in groupwise) today to sign up your team.

We offer a higher level of banking for people with a higher level of needs.

Private Client Group banking offers the ultimate in convenience and flexibility. At your stage of success, you don’t have time for a typical financial relationship. Through the Private Client Group at BankPlus, you can get all of your banking done on your schedule and at your convenience. Your Private Client Group banker is a true financial partner, offering a broad range of services including long and short-term investments, managing cash flow, exploring credit options and even obtaining mortgages. They understand the special needs of successful clients, so you can expect a truly higher level of service.

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I lived in Hattiesburg, MS, from the ages of 2 to 18. Hattiesburg treated me really well while I was there, but I never got overly excited about it. I spent my fair share of time at Southern Miss football games, ate at some pretty cool restaurants, and had a good time while I was growing up. Even though I had a good time, I always felt like my home- town was missing something.

In the spring of my third year of medical school I was given an opportunity to live with my parents for a month and rotate through the Hattiesburg Clinic’s Family Medicine Department. I had to admit, I had some reservations about coming ‘home’ for a whole month. It seemed more like I was going to live at my parents’ house in Hattiesburg rather than living at home. After all, my home was in Jackson, and I had my own place with my own things and my own rou- tine. I quickly realized I was selling the opportunity short.

After a few days of being in Hattiesburg again, I began to realize how special of a place it was. All of the memories I had growing up were all reshaping themselves. The hospital I was working in wasn’t just that big building off of I-49 with a helicopter in front of it; it was a living thing with lots of caring individuals that made it come to life. Those restaurants weren’t just tasty places to eat on special occasions; rather they were businesses that some- one invested a lot of time, money, and gumption into. The University of South- ern Mississippi wasn’t just a place to go watch football, but it was a University with a world-class polymer science school… right in Hattiesburg! All of those old memories of things I used to do and places I used to go took on a new meaning. Hattiesburg turned out to be home after all, and I had an awesome time while I was there.

I feel like we all tend to minimize the special quirks about our homes. Maybe it’s because we become desensitized to those small things that make them unique. It may take a little time away from home to realize what we may be missing.
Hey everyone!

I hope you all had a great time at Crawfest. We had a great turnout and lots of excitement!! On another note, I recently sent out an email introducing a new event that the Associated Student Body is hosting: Swinging in Scrubs. This event is a softball tournament that provides the opportunity for students to give back to the community and have fun at the same time.

The ASB voted to have Stewpot be the charity that receives the money raised this year. We have Penny Wars kicking off the fundraising with a friendly competition between the schools. I hope everyone gets involved...the winning school gets a pizza party! Email Tal Hendrix to register. Through Penny Wars, registration fees, t-shirt sales, and donations accepted at the tournament, we hope to raise a lot of money for Stewpot. This is a practice run for something that we hope will become an annual event enabling the students time to relax, have fun, and help the community.

Event details:

What: Swinging In Scrubs
When: Sunday, May 22nd
Where: Smith-Wills Stadium
Menu: CRAWFISH and other assorted food + BYOB
Sign Up: Email Shendrix@umc
Cost: $100 per team (about $10 a person)
Start Time: TBD

I hope that everyone will get involved in raising money for Stewpot, and I hope to see all of you there!

Thanks,
Amanda L. Harrell
Associated Student Body Vice President
Tri-County/USTA Mixed Doubles League
Meet new people, get some exercise, and play tennis!
Registration in May - Season runs June-August - Adult and Senior levels
To register, get more information, or find a team contact Lesley Mosby at (601) 956-5064 or jacksontennis1@aol.com.

Habitat for Humanity, the new homeowners and the UMC ASB so appreciate everyone who has volunteered so far. 4/30 (Dental day- email Katie Sims) and 5/7 (Nursing and Grad School day-email Sarah Stone) are the last scheduled work days. It’s not too late to email and see if they need more help, even if it is not with your school--It’s a great way to get to know people!
Springtime Around the U

Left- M3’s Hanging out at Babalu and St. Paddy’s Parade, submitted by Clare Bush Below- George Henry (m1) and Brandon Lennep (m2) hanging out with Principal Belding

Dental Hygiene Students Take a Break from Clinical Duties (bottom left below) to enjoy spring break (left top below) and celebrate their annual pinning ceremony (below right).

PT Student Tara Davis Submitted these pics of beach at wedding in Cabo St. Lucas, and Ashley White and Stephanie Little running a 1/2 Marathon in New Orleans, where they attended the National ATPA conference. Also there’s a pic of PT students at Crawfish boil.
The mountains are calling, and I must go. -John Muir

The Outdoor Medicine Interest Group (OMG) went to Augusta, Georgia to compete in MediWars, which is a medical wilderness adventure race against fellow medical students, residents, EMT’s, and other health care professionals. The combination of wilderness medicine and adventure racing come together to create unique events that are designed to teach and test wilderness survival and medical skills. The Southeast MediWar race is held at Fort Gordon Military base and hosted by the Medical College of Georgia each April and attracts competitors from all over the country including students from North Carolina SOM, Central Florida SOM, and even as far away as Nebraska SOM.

The race begins with perhaps the most creative part, introducing all 40 teams. This has proved to be very entertaining with teams such as “At Your Cervix”, “Do Not Resuscitate”, “Beer Powered”, and yours truly representing Mississippi… The MS Metabolic Syndrome. At the start of the race, it’s your topography map and compass that leads the way. Navigating through the woods and swamps will bring you to “rescues”. Once at the scenario, each player has a role to play and let the grammar award winning performances begin!

The years race included an alligator attack. After canceling the length of a small lake and picking up our fellow team members who had run to the other end of the lake, a 12-foot inflatable alligator with a mean streak promptly attacked us, wreaking havoc on the Metabolic Syndrome and every other team who crossed its path.

Luckily we were all brushed up on alligators thanks to “Swamp People” of the History Channel and knew exactly what to do… except we didn’t have overall, a swamp boat, or a hook to wrestle with the gator. Instead, we decided to evacuate our injured teammate from the danger. As a penalty for not getting him away from danger quickly enough, the gator promptly ate one of our team members leaving us with only 3. After stopping the bleed with a makeshift tourniquet and wrapping the wound, we got our mate to safety and continued our quest for MediWar glory.

Along the race you’ll find multiple-choice questions that are extremely entertaining and random. Do you know all the things you can do with a safety pin in the wilderness? Do you know what bacteria are in an alligator’s mouth? Can you recognize snakes and other wilderness creatures? If not, take a guess and keep trekking.

After treating exposed biceps from a bike wreck, a fish hook in the eye, and a pelvic fracture from a fall the Metabolic Syndrome crossed the finish line some 7 hours and 60 minutes later solidifying our top ten finish. All racers are greeted with BBQ and good beer to help ease the pain from an 8-hour race...or 6 hour race if you’re a study team like the winners each year. This event has been extremely enjoyable the last 2 years and hopefully UMC can be represented each year to come. Check it out at MediWar.org

The Mississippi Metabolic Syndrome
Chris Stoddard (M4)
Will Armstrong (M4)
Noah Abebe (M4)
Thomas Royals (M2)

In April, the Outdoor Medicine Interest Group (OMG) sent a team to Augusta, Georgia to compete in MediWars, which is a medical wilderness adventure race against fellow medical students, residents, EMT’s, and other health care professionals. The combination of wilderness medicine and adventure racing come together to create unique events that are designed to teach and test wilderness survival and medical skills. The Southeast MediWar race is held at Fort Gordon Military base and hosted by the Medical College of Georgia each April and attracts competitors from all over the country including students from North Carolina SOM, Central Florida SOM, and even as far away as Nebraska SOM.

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Chris Stoddard (M4)
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Tourist in Mississippi
by Lois Montague

Growing up in Mississippi, I didn’t travel around the state much besides to go to my grandparents’ house in Hattiesburg or to go fly a kite and have a picnic in the Victoria National Military Park. Playing high school basketball, I saw a little more of the state but only in short visits. One of the highlights I recall was eating the best BBQ pork sandwich at Abz’s in Clarksdale, MS, which happens to be located at the crossroads where blues legend Robert Johnson is rumored to have sold his soul to the devil. Lately, I have enjoyed visiting various parts of the state as a bit of a tourist with my boyfriend from Kansas. After spending time in Europe, Africa, Central America, and living in Colorado and the Carolinas, I still believe Mississippi is one of the most beautiful and delicious places in the world.

Ocean Springs

When I visited Ocean Springs several years ago, I was particularly enchanted by this artsy little coastal town. The appeal for me is mostly due to the influence of artist Walter Anderson. The natural beauty of Ocean Springs and the barrier island off its coast, Horn Island, served as a muse for Anderson. Anderson suffered from severe depression and possibly schizophrenia at a time when mental illness was less well understood than it is today. Between trips to hide away on Horn Island, he spent time in mental hospitals throughout his adult life. I imagine his art was a form of self-therapy for him. He alluded between painting for others and for himself. Anderson believed in providing affordable art for all people, and the technique of block printing allowed for mass production of his cheerful, brightly-colored images of animals, flowers, birds, and insects in bold, geometric shapes that can be found in many children’s bedrooms and the walls of Batson (like the alligator below). Besides scenes of nature, Anderson also illustrated stories and plays. A great body of his work is displayed in the Walter Anderson Museum of Art. Visit http://www.walterandersonmuseum.org for more information about it.

What to Do:
I highly recommend a visit to the Walter Anderson Museum, but there are also over 100 shops, museums and galleries in this town. To exercise fun across the bridge to Biloxi or go walk on the beach. You can also take a ferry to Shipp Island to get a taste of the Barrier Islands and visit Ft. Massachusetts.

What to Eat:
If you like sushi or even if you don’t, eat at Chef Scott’s. Many of the sushi options are cooked and have a delicious sauce. Order the Spicy Relationship Roll (pictured) with shrimp tempura, ocean cream and asparagus, topped with spicy mayo and crawfish.

Where to Stay:
The Inn is a quaint boutique B&B http://www.oceanprings- inn.com in town. You can also stay at a casino in Biloxi and take the short drive over the bridge.

Natchez

Where to Stay:
For romance by Dunleith, Monmouth, or another antebellum mansion turned into a hotel. For grills weekend with cooking classes, Twin Oaks B&B has reasonable rates and specials. The Eola is a grand historic hotel downtown where people often stay for pilgrimage tours (when people are dressed up like the old days and you can visit lots of antebellum homes).

What to Eat:
Check out the Castle Restaurant and Pub if you stay at Dunleith. It’s just out back. Pig Out Inn BBQ is tasty. A great atmosphere, and it is locally owned. Local Ben Tillman said the gumbo at Biscuits and Blues on Main Street is the best in town. Sample Dabbs Famous Fudge for dessert.

Things to do:
Make sure to visit Longwood Plantation, also known as Nutt’s folly. Haller Nutt’s home (allegedly the greatest house in the state where the Ole Miss football coach) was uninhabited when the Civil War began. His family had to live in the basement during the war, and when Nutt lost everything, the upper floors were never completed. The house has been preserved and left mostly unaltered since the war. It is like a freeze-frame of a time when the wealth of antebellum Mississippi and King Cotton confronted the tragedy & loss of war. The octagonally shaped exterior of the house was featured in the HBO series True Blood as the home of the vampire king of Mississippi and Louisiana. Also, in town, shop in the art galleries, gift shops, and antique stores on Franklin and Main streets.

Before you go to Natchez and step back in time, watch Gone with the Wind to set the mood.

What to Eat:
Get happy hour drinks and appetizers. I like Neilson’s or Cold Brew in town. Or just sit on the balcony and drink coffee. Nielson’s is a depart store that opened in 1839, and it’s still in business. My favorite Shoe Store has a pretty wonderful, reasonably-priced shoe selection. Get happy hour drinks and appetizers. I like City Grocery or Snack Bar for the Ibmaks bar has oysters.

What to Do:
Visit Longwood, or Nutt’s Folly.

Oxford

Where to Stay:
5 Twelve B&B on Van Buren is right by the square. Rockette’s (the renovated alumni house) is supposed to be pretty nice. You can also rent a condo on Craigslist.

What to Do:
Explore the home of William Faulkner, Rowan Oak, situated in the heart of Oxford. This is an excellent place to throw a frisbee or have a picnic. Go shopping. On the square, there are lots of fancy shops with beautiful dresses. To “grove” in, I prefer to shop for books on the square (at Square Books) or just sit on the balcony and drink coffee. Nielson’s is a depart store that opened in 1839, and it’s still in business. My favorite Shoe Store has a pretty wonderful, reasonably-priced shoe selection. Get happy hour drinks and appetizers. I like City Grocery or Snack Bar for the Ibmaks bar has oysters.

What to Eat:
Axal. My sister has worked there for years and it’s delicious. I would recommend ordering anything with black-eyed peas in it (which includes about half the menu). The most amazing thing I have eaten recently was the Axal salad. It has smoked catfish, corn, and black-eyed peas with bleu cheese crumbles on top. I ordered it with creole mustard vinegarette and ranch dressing on the side to mix it up a little bit (per my sister’s suggestion, and it was DELICIOUS). This place is not recommended for folks watching cholesterol, but what is more comforting than sweet potatoes, cheese grits and fried catfish? Order some grills at Big Bad Breakfast (my favorit) or sweet potato pancakes at Honey Bee Bakery (my sister’s favorite) if you are looking for a hearty breakfast.

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I still believe Mississippi is one of the most beautiful and delicious places in the world. The following article includes descriptions of a few places that have been in the past, but recently developed a greater appreciation for it. It is by no means all-inclusive and doesn’t begin to scratch the surface of these great places, but I just wanted to share a few things I enjoyed and thought others might do as well. Also, these are just some personal glimpses into three places, but there are many other gems around the state to visit. I look forward to exploring more of our wonderful state as a tourist in the future. I think we are appropriately named the Hospitality State, and it is locally owned. Local Ben Tillman said the gumbo at Biscuits and Blues on Main Street is the best in town. Sample Dabbs Famous Fudge for dessert.

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Y'all May Think We Talk Funny, But The World Takes Our Music Seriously.

From top to bottom: Rob Cannon's retired duck dog, Lady, Cotton by Allison Mazurak, Hunter Berry's dog, Roscoe, bridge in Vicksburg by Bobby Tullis

Yes, we have running water ... right next to the world's finest kitchen appliances.

Yes, we wear shoes. A few of us even wear cleats.

Yes, we can read. A few of us can even write.

Images on left: Top 3 by William Rosenblatt, Woman in Hat and Drummer were taken in Woodville, MS and the church is in the Delta. Bottom flower picture was taken by Jacqueline Byrd.

From the father of country music … to the king of rock 'n' roll … to the birthplace of the blues. For decades, Mississippians have been scoring the soundtracks of peoples lives.

From the Deep South to the top of the charts, Mississippians are music to the world's ears.

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Y'all May Think We Talk Funny, But The World Takes Our Music Seriously.

It started with a range. A special range Fred Carl's wife wanted for her new kitchen, but that he couldn't find anywhere. So what did he do? He took his Mississippi-bred initiative and built it himself.

From that one range grew an appliance empire – Viking Range Corporation – right out of Greenwood, Mississippi. Now, Viking's full line of appliances can be found in gourmet home kitchens across the globe. And each one is still made in Greenwood.

Fred's commitment to keeping his own business in his hometown wasn't enough for the former building contractor. He wanted the entire city of Greenwood to benefit. So, he began buying and renovating old buildings, helping others set up new businesses and literally heating up the town with his optimism and enthusiasm.

Mississippi's always known for the delicious things that come out of our kitchens. Now, thanks to Viking, we're known for the first-rate appliances that go into them.

www.mississippibelieveit.com
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www.mississippibelieveit.com
©2008 The Cirlot Agency, Inc.
Nestled quietly in northeast Mississippi, Corinth is a unique town full of tradition. Corinth is home to the Slugburger. During the Great Depression, cooks stretched the amount of beef per pound by adding potato flour as an extender in the burgers. Today Slugburgers are made with soybean grits. You either love them or hate them, but if you visit Corinth, you have to try a “slug,” as native Corinthians call them. We even have an annual Slugburger Festival in their honor. Slugburgers are best at Borroum’s Drug Store, the oldest pharmacy in the state. Located in downtown Corinth and complete with old-fashioned soda fountain, Borroum’s has become a historical landmark and remains a town favorite.

Rich in Southern history, Corinth boasts a Civil War museum and is conveniently located just minutes from Shiloh National Military Park. However, the best part of Corinth is its proximity to Pickwick Lake. Spanning Mississippi, Tennessee, and Alabama, Pickwick is the perfect getaway from the rigors of med school. Days in the sun are spent jumping off the waterfall, boating, and leaving worries behind. I think the 20 med students that visited Pickwick with me a few years back would agree that it’s one of Mississippi’s greatest attractions.

Great Service On-the-Go

From Cellular South and three of your favorite restaurants

Download the FREE Mangia Bene To Go menu app on your Cellular South Android™ smartphone to:
- view menus
- buy gift cards
- see daily specials

Scholasticus dedicatus
Common name: Gunner

Once free to roam throughout the Mississippi area, the gunner is now limited to libraries, coffee shops, and classrooms. (Although there have been reports of gunners in movie theaters, restaurants, and bars, these sightings have not been substantiated.) Perhaps due to this habitat restriction, the gunner is an intense territorial animal. Noisy disturbances often arise over a particular seat in a classroom or a certain table in the library. When they are frustrated to eat, gunners are primarily scavengers. They consume portions of donut glaze, jelly, and hot sauce, which they spread with minimal amounts of caffeine. It is thought that the caffeine is instrumental in the gunner’s erratic sleep habits. They seem to have evolved to exist on very small amounts of sleep at random times.

If you encounter gunners in the wild, refrain from making eye contact and remain as still as possible. As long as gunners do not see you as a threat to their chances of making an A, they will generally leave you alone.

Library Gets Mod-looking Remodel

Go ahead and stake out your spot in one of the spacious, new study areas. It would be prudent, however, to proceed with caution due to early influx of Gunners (see below picture with blown up inset for description and instructions).

Above and Left: Upstairs are new study spaces with glass walls. These clear glass walls might give one the feeling of studying in a fish bowl, but they will likely be modified so the glass is not see-through.

Above: Desks for private, quiet study and storage space for backpacks. Below: Downstairs is more open with less books and journals and lots of room for group study.
The School of Medicine Bowlathon enjoyed its inaugural tournament on Tuesday, April 19th at Fannin Lanes in Flowood.

Over 65 students from across the UMMC campus participated in the charity bowling event, which benefited the Jackson Free Clinic.

The Bowlathon format was as follows: Teams of 5 took to a lane and bowled as much as they could for 2 hours. The top 2 scores from each team were then added together for a cumulative total. Costumes were encouraged.

The result?

A melting pot of talents and trades and fashion tastes. A full spectrum of bowling skills were ranged from wholesome Southwestern tastes. It took a lot of hard work and dedication to look that terrible, and we found a way to squeeze it out in the end,” said Weiland, whose team of short shorts and tank tops caught the eye of the judges and narrowly pushed them ahead of the pack.

The result was a landslide victory in the Best Individual Costume Contest. Said Gowdey, “Country club trust fund babies and Big Lebowski-wannabes have never seen anything like this.”

Outside the lanes, the real winner was the Jackson Free Clinic. With the help of the 65 participants and donations from local business and UMMC departments, the Bowlathon was able to raise over $1500 for the student-run clinic. Congratulations to all who helped make the Bowlathon a success this year.

The Rural Physician Scholars that are interested in Family Medicine are matched with a mentor from the Family Medicine Department. This past Tuesday night the Family Medicine Mentors took their students bowling. This gave everyone a chance to get together, get to know each other better, ask questions, etc.

This year’s MRPS pictured above: First row left to right: Dr. LouAnn Woodward, Dean of the School of Medicine, Kelly Shoemake, John Miller, Neal Miller, Justin Smith, John Browning, Ryan Paulk, Dustin Gentry, John Buchanan, John Russell McPherson, Kelly Hill, Dr. James Keeton, Vice Chancellor of UMMC.


Not pictured: Jenna Dear, Jessica Lavender, Mary Ann Moore, and Charles Clark

“Each of these students embrace their small town values and culture, sharing a common passion for making a difference through missionary zeal or maverick determination.

MRPSP’s three phases nurture future rural physicians from college through residency training. Maintaining a high level of awareness and involvement in Mississippi’s rural health care is a constant in every phase of training. Channelling students into primary care specialties (Family Medicine, Obstetrics and Gynecology, Pediatrics, Medical Pediatrics or General Internal Medicine) will target the current physician shortage.”

-From http://mrpsp.umc.edu/
Now I can... stage a comeback

A TV talk show host suffers a stroke and is suddenly at a loss for words. Doctors diagnose aphasia, a disorder that can leave victims struggling to speak, read or write.

The scenario sounds like a scripted cliffhanger, but it was actually drama in real life for Raymond Wong, former co-host for WABG’s “Good Morning Mississippi.”

After working with the aphasia experts at Methodist Rehabilitation Center, Raymond learned ways to cope with his communication problems. Now the Greenville businessman is back in the spotlight and inspiring other stroke survivors to persevere.

“I want to help other people who are trying to get back and let them know they can make a difference,” says the host of “Delta Dialogue.” “I say don’t just dream about it, do it!”

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.