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Low-cal strawberry cupcakes

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Welcome Back!
Notes from your President and VP

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Junior League Bargain Boutique and MS MOM

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Looking To Serve? Join Humanitarian Health Partnership!

The Humanitarian Health Partnership is a multi-school organization at the University of Mississippi Medical Center dedicated to creating a unified effort in UMMC’s vision to serve and informing the students of UMMC about local and global opportunities to use their skills to alleviate health care disparities. Last year was a successful first year for HHP, and we are excited to build off last year’s momentum as we look toward the 2011-2012 school year. We have a lot of exciting things planned for this upcoming year so be on the lookout for information regarding these events. If you are interested in learning more about HHP and how you can participate feel free to email slove@umc.edu.

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Johnny Donaldson: 601-321-2223
Karma Williams: 601-321-2206
Natalie Arnemann: 601-321-2214
First of all, I want to say this year’s MURMUR is going to be incredible under the talented hand of Ms. Mary Catherine Stone. We are very lucky to have her! It’s customary for the ASB President to have a monthly column in the MURMUR. However in the past three years, I have only read a handful of them. Not only do I think there are far more interesting things to read about than my opinions and sentiments, but I think for myself, there are more fun things to write about as well. Therefore, in lieu of the traditional “President’s Column”, I want to do a little something different this year.

I’m teaming up with an exceptional friend of mine, Ms. Clare Bush, to bring you a monthly restaurant review of some stellar places in and around the Jackson area to acquire delicious cuisine and great drinks. We’ll be delivering tastefully (pun intended) critical reviews each issue, and we will hopefully be able to score a few student discounts to the venue under critique in the process.

Being the first column of the year, I would like to extend a welcome to all the new students on campus and welcome back to everyone returning. It is going to be a great year! The ASB officers have an impressive line up of events headed your way for the semester. My-Linh Ngo, your party-planning vice-president, has landed us some new venues and outstanding music to add some variety to the agenda. At various times throughout the year, we’ll also be providing opportunities to see the Mississippi Braves play, tickets to the Mississippi Symphony Orchestra, a family day at the Jackson Zoo, tickets to New Stage Theatre, tickets to the Mississippi State Fair, and multiple service opportunities around town.

Once again, we are so excited about the year ahead! Please let myself or one of the other ASB officers know if there is anything we can help with or do better - we welcome your comments and suggestions!

Lyssa Taylor
Associated Student Body President

Welcome Back!
- notes from the Vice-

First of all, I want to thank everyone for his or her support in this past election. Secondly, welcome back! Buying school supplies at the beginning of the school year is like a second Christmas for me. I almost bought a pocket protector this year to save my white coat from the inevitable volcanic ink explosion. My brother informed me it would be social suicide. I’m pretty sure that I’m still going to buy one.

Please don’t let my innate pre-occupation with cleanliness or organization deter your excitement for the coming year. We have a thrilling year planned! Please check your email for the most up to date information (look for emails from "Student Activities"). As always, feel free to contact me with any requests or ideas.

We’re going to start the year off with an electrifying Back to School Party. Tyrone Smith Revue (aka Super T) will be rocking our party this year at Hal and Mal’s. They have a larger-than-life band complete with horns, strings, and COWBELL. Get excited!

My-Linh Ngo, M4
ASB VP
mngo@umc.
LGBT Alliance
By: Mimi Abadie, M3

To the Newbie M1s and returning students from all schools, welcome to UMC! There are lots of interest groups on campus to cater to every whim – from intramurals to global health. If there isn’t a group to meet your needs, form it! In an effort to meet the needs of patients as well as students and faculty on campus, last year a few students got together to form the LGBT Alliance and since then, the group has really taken off. The LGBT Alliance focuses on issues faced by our lesbian, gay, bisexual and transgender patients and friends in a healthcare setting and beyond and is open to all students, faculty and staff, regardless of sexual orientation. As an institution striving for professionalism across campus, it’s important that we as students and health care providers learn more about these issues in order to provide the best care possible and to avoid excluding anyone based on preconceived notions of sexuality and gender identity. Understanding healthcare for LGBT patients extends far beyond HIV or mental health issues. They are patients with the same needs as any other patient we will care for.

Last year the LGBTA hosted off-campus mixers for students, faculty and staff across town and they were great successes! We also had some excellent guest speakers and brought together students for discussion groups, as well as movie night. This year we plan on having more activities and mixers, along with speakers and discussions to help students and staff understand better how to approach everyday issues in the community. If you would like to get involved, feel free to email me, mabadie@umc.edu, or come to some events! Check out our Facebook page – UMC LGBT Alliance, and you can follow us on twitter @LGBTAllianceUMC.

Get Involved!
Here are just a few of the ways to find some much-needed relief from studying:

Intramurals
Associated Student Body
Christian Medical and Dental Association
Humanitarian Health Partnership
Habitat for Humanity
Outdoor Medicine Group (OMG)
Anesthesiology interest group
Club Med
Emergency Medicine Interest Group
Family Medicine Interest Group
Ophthalmology Interest Group
Organization of Student Representatives
Pathology Interest Group
Pediatrics Interest Group
Public Health Interest Group
Student National Medical Association
Hispanic Student Dental Association
MS Association of Women Dentists
National Student Nurses Association

Photo Credit: Katherine Saucier

The Game Room

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T J D D I P S U C I B L K A O
W E R N I C K E S V W F I P I
O C Y B S H R J H K P U F E C
E G A H P O I R E T C A B Z I
S P F Y G Q A A R D S P H I N
A C D A E Z L R O I H E R U R
I H I K S L H P I A Z R R S E
S V S T I C O V L K U M G A P
A Z I X E D I A Z Y G O M A P
H U A R U N N I Q M F R A H W
P M T E I G I Y T Z L N U J L
A G S R E O V K D I U H F D O
C P V S L L N F L F S M N U S

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MAXILLA  PARESTHESIA  PERNICIOUS
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PROCRASTINATION MAKES PERFECT!

•allthingseurope.tumblr.com
Search through these pictures, close your eyes and imagine yourself in the beautiful locations - and be sure to save your favorites for life after school!

•failblog.org
It always helps to know we’re not alone.

•googleartproject.com
A massive collection of major art museums all over the world. Explore them, and the iconic art inside, from the comfort of your computer.

•pitchfork.com
The best source of up-and-coming musicians. Listen to tracks, read news articles, and get the jump on popular songs before everyone else. You’ll be the coolest kid in school.

•mentalfloss.com
Trivia, amazing facts, brain teasers and more provide hours of brain activity without the stress!

Photo Credit: Katherine Saucier
Bargain Boutique is Popping-Up at UMMC

Bargain Boutique, an upscale, resale shop, owned and operated by the Junior League of Jackson (JLJ), is popping-up at UMMC on September 8th and 9th. This is the first of a series of pop-up stores scheduled for the popular Jackson retailer. All proceeds from the store benefit the Junior League of Jackson to help fund numerous worthwhile community projects in Jackson.

JLJ has a long history with UMMC through several of its community projects. In 1980, JLJ purchased and donated a neonatal cradle (an ambulance designed for neonatal care) to the City of Jackson. The donation took place in conjunction with the beginning of JLJ’s project, Rocking Mama’s, which is centered on premature newborn care. Rocking Mama’s takes place at Winfred L. Wiser Hospital and allows JLJ members to rock, nurture and provide interactive stimulation to premature infants seven days a week while communicating with the baby’s parents.

In 1986, JLJ initiated its first signature project, a $2 million fundraising campaign to build the Children’s Cancer Clinic at University of Mississippi Medical Center. In 1989, the goal was reached and groundbreaking ceremonies took place. The clinic was completed in 1991 and is the only center in the state providing comprehensive care for children with cancer or blood-related diseases.

JLJ invites all employees, faculty, students and their spouses to visit the Bargain Boutique pop-up store. All items are gently used or new-with-tags and include many designer labels. We will feature summer and fall men’s, women’s and children’s clothing.

Shop with us: September 8th from 12:00pm until 8:00pm & September 9th from 7:00am until 1:00pm.

To learn more about the MS MOM, visit www.msidental.org.

"Why are we in school again?" It’s a question I ask myself often. If you have had a wake-up-call experience and would like to encourage the rest of us with it, contact Mary Catherine Stone at mcstone@umc.edu.
Healthy Cooking

Summer Sweet Treats

If you’re from the South, like most of us here, you didn’t grow up with a “Nana,” “Meme,” or “Grandmother,” you most likely grew up with a “Mamaw.” And what is our “Mamaw’s” greatest gift? Cooking the most delicious food you have ever put in your mouth, of course! I was fortunate enough to have two Mamaw’s both living within five miles of my home when growing up. I never knew how she did it, but my Mamaw could even make green beans taste heavenly. As I grew older and began cooking for myself, I finally figured out why Mamaw’s food was so delicious and my food tasted like stale cardboard: butter + sugar. Yep, my Mamaw adds sugar and butter to everything she makes, even to her green beans. And this whole time I thought I liked veggies. Turns out, I like don’t necessarily like green beans as much as I just like sugar and butter, just like everyone else in the world. Beginning about a year and a half ago I challenged myself to take Mamaw’s fan favorite family recipes and try to make them slightly healthier, yet still tasty. Some of them turned out great, and those are the ones I’ll share with you. Some of them were total flops – my low cal attempt at Mamaw’s Thanksgiving sweet potato casserole tasted something like orange colored dirt. And there are a few recipes that are so delicious, so divine, so completely, utterly, and sinfully magnificent that any attempt at altering the sheer perfection would create an insurmountable world injustice. I mean, how could I even begin to make peach fried pies low calorie? If I tried to remove all the butter, sugar, and oil from the recipe all you’d be left with are some peaches. So, every month I’ll present you with one of my grandmother’s amazing recipes and my altered low calorie version. Don’t worry, no animals were harmed in the testing of my recipes, just July’s UMC Red Medicine team, bless their souls.

To kick off bikini season and start off our summer fun, the first article will feature my Mamaw’s amazing strawberry cake recipe, my low cal take on her original recipe, and some healthy alternatives to ice cream.

**Guilt Free Sweet Treat Strawberry Cupcakes**

**Cake:**
- 1 pkg. Pillsbury’s Sugar Free yellow cake mix
- 1 pkg. Sugar free strawberry Jell-O
- 1 can Diet Sprite

Completely ignore package directions. You just have to trust me. Don’t add oil or water. Just combine the cake mix and Jell-O powder mix in a bowl and mix them together. Add the Diet Sprite and stir. Line your cake pan or cupcake tins with cupcake wrappers or spray it with nonstick cooking spray and evenly distribute batter between 12 or 24 cupcake tins. Bake according to package directions.

You can use this recipe to make any flavor of cake you want. Thus far, I have used strawberry Jell-O, raspberry Jell-O, strawberry banana Jell-O in yellow cake mix to make the cupcakes. Basically, your only limitation in creating delicious cupcake flavors is the number of flavors of Jell-O you can find. Also, Pillsbury makes a chocolate Devil’s food sugar free version. To make chocolate cupcakes, just add a can of Diet Coke to the cake mix and bake according to package directions. These are delicious as well.

**Icing:**
- 1 cup Cool Whip Free, thawed
- ½ package of Strawberry Jell-O mix
- Fresh strawberries (optional)

In a bowl, combine the Cool Whip and strawberry Jell-O mix. Mix well. Spread on top of cupcakes once they have cooled. Slice strawberries and put strawberry slices on top of frosted cupcakes before serving. Again, here you are only limited by your imagination. I have used strawberry Jell-O, cheesecake Jell-O pudding mix, and butterscotch Jell-O pudding mix to make various flavors of icing. They have all turned out amazing. My favorite thus far has been strawberry cupcakes with cheesecake icing. Yum!!!

Makes 12 cupcakes at 133 calories each. You can also make a cake, where 1 slice (1/12 of the cake) is 133 calories.
Mamaw’s Amazing Strawberry Cake

Cake:
1 pkg. white cake mix
1 pkg. strawberry Jell-O
1 cup oil
⅔ cup strawberry juice
1 cup water
4 egg whites

Directions: In a bowl, mix ingredients together well, and then add 4 whole eggs one at a time, beating after each addition. Bake at 325 until done.

Icing:
10 oz. pkg. frozen strawberries
1 box confectioner’s sugar
¼ stick margarine
Strawberry juice – enough to make it spreadable.

Icing:
4 eggs
½ cup strawberry juice
1 pkg. strawberry Jell-O

Cake:
More Summer Sweet Treats!

Mississippi’s summer heat wave has officially arrived and what’s better to fulfill that sweet treat craving and cool yourself down than with a delicious frozen treat. The pitfall of indulging in that frozen favorite is the elastic on your bikini may have stretch a little further the next day. Don’t get me wrong, occasional indulgences are not detrimental and necessary for sanity. However, here are a few ice cream tips to allow yourself some summertime fun without ruining bikini season.

What is better than a couple of giant scoops of ice cream atop a sweet waffle cone and drizzled with hot fudge and sprinkles? Probably nothing. Ice cream may taste wonderful and bring out the kid in us all, however, sweet creamy ice cream is loaded with sugar, saturated fat, and tons of calories!!! Why do some of the best things in life have to be so bad? A standard serving of Ben and Jerry’s or Baskin Robbins’ ice cream contain approximately 250-350 calories for ½ a cup. Whoa! Not surprising that both Burt Baskin (of Baskin Robbins) and Ben Cohen (of Ben and Jerry’s) have suffered severe heart disease in their lifetime. I mean, if you had an unlimited supply of the most delicious substance known to man, could you resist? So, how can we have our ice cream and eat it too? The simplest answer: FroYo (aka frozen yogurt). There are so many frozen yogurt places popping up around Jackson – Sweet Tree, Sweet CeCee’s, Berry Berry Good. And for good reason, these places are legit. They all carry low-calories, no sugar added, fat free varieties of frozen yogurt that are all delicious. What’s better is how low in calories these ice cream imitators are – about 20 calories for ¼ a cup. HOLD UP!!! You mean to tell me I could eat an entire HALF GALLON of frozen yogurt for fewer calories than a CUP of Ben and Jerry’s ice cream! So, the next time you need to kick back with a slice of cake and a scoop of ice cream, don’t sweat it. Indulge in these guilt-free, craving busting, indulgences and stay on track with your healthy eating.

Sincerely, Andrea Green

Andrea Green is an M4 from Booneville, MS. She enjoys jazzercizing with Richard Simmons, playing in the rain, and munching on BBQ potato chips while watching reality shows. Her greatest ambition is to be the world champion of Jenga.

Yeah, it's delicious. And yes, it will induce a hyperosmolar nonketotic hyperglycemic coma.

Football is back! Not just any football - SEC football. With that in mind, this is a lot of important action on the field this fall as well. Recently, talk of the SEC expanding its teams from 12 to 16 within the next year has caught the attention of every interested fan throughout the Deep South. In fact, by the time this article is published, Texas A&M might have already agreed to become the 13th member of the most successful and lucrative football conference in America. At this point, I’m not too excited about this idea, but it is intriguing to see the minds of men unfold as money plays a huge role in this process.

The positives of expansion for each SEC school begin and end with money. Television contracts with major networks are the primary source of revenue for the SEC. Hence, adding more teams to the conference adds geographic range, which multiplies the number of viewers and the size of contracts with the major TV networks. For the pocketbook, SEC expansion pays off about 10 different ways.

However, as a fan, expansion raises questions in my head. It interbreeds separated recruiting grounds, and it could erase some natural rivalries. For instance, if Texas A&M joins the SEC, it stands to gain significantly from a recruiting standpoint. No other SEC school would be able to propose the idea that a Texas high school athlete could stay in their home state and still play SEC football. That is a huge selling point. On the other hand, A&M could lose a lot from a rivalry standpoint. Texas, their archival, will not be joining the SEC which would throw a major kink in the tradition those two schools share. To draw a similar analogy, I am a State fan, but I would not like to see Ole Miss leave for another conference. It would take significant meaning away from the Egg Bowl, and it would close the chapter on everything we have built together as opposing forces in the best conference in the land. In short, it would negatively affect the competitive aspect of sports in our state forever. Back to A&M, the University of Texas is partially to blame for the Aggies’ potential jump to the SEC with a more than lucrative Longhorn TV Network that is sure to create a major recruiting advantage in the Lone Star State. However, as a Longhorn or an Aggie fan, having each of those schools in different conferences would be a shot to the ole’ nostalgic feeling and overall meaning of their relationship as we know it. The game they play each year (The ‘Lone Star Showdown’) is only for bragging rights at that point, and has no bigger implications such as a conference title on the line. I know there are monetary issues that we as normal fans don’t ever see, but from a fan perspective, I think it is a huge mistake to separate arch rivals into different conferences.

Expanding on natural rivalries, here is one more example of a bad choice in changing conferences for more money. Texas Christian University just joined the Big East Conference. They bring talent to the Big East, but since when is any town in the State of Texas considered the Eastern part of the United States? I can hear it now, “this weekend TCU travels to Rutgers for a Big East Thriller!” Exactly, you can’t spin that in any way to make it sound like a rivalry. I say all this because of the simple truth that college football is a geographic game with geographic rivalries based on intense recruiting battles. Even at the professional level, as a whole, the most hated rivalries are regional.

As far as the SEC goes, we don’t have to make those same geographic leaps to put a competitive/lucrative product on field. Which brings me to the point of this article. If the SEC of anyone for that matter starts making decisions solely for monetary gain, there is a problem brewing. Simply following the money trail leads to greed and before we know it, 16 teams won’t be enough to satisfy either. From my fan perspective, five national championships in the past five years tells me things are going well from the competitive and financial side of things. I am not instituting that all college programs are a bunch of greedy fools chasing solely after money. I also understand your thoughts on this might be totally different, and that’s fine. But let’s take a lesson from the sports world. As future healthcare professionals, the wise decision is to not let the pursuit of money run our lives. Ecclesiastes 5:10 says, “He who loves money will not be satisfied with money, nor he who loves wealth with his income; this is also vanity.” My only hope is that we don’t let our life decisions be based solely for the purpose of making more money, but we will seek to use money as a means to provide and help one another.

Quick fact: over 60% of former NBA players become bankrupt within 5 years after retirement. Some estimate the number to be as high as 80%. (the average NBA salary is higher than any other sport in the world at well over $3 million per year).
Peru Mission is a strategic facilitator of urban church planting and Christian community development in Peru. They plant missional churches, raise up Christian leaders and develop transformational institutions. These vibrant, reformed churches are actively involved in bringing God’s justice, mercy, and peace to the world around them.

D4s Ray Santa-Cruz, Pat Shipp, Bryant Trotter, D2 Karla Haik, recent graduates Dr. Jason Vassar and Dr. Bridget O’Brien along with Dr. Harry Rayburn of Tupelo, accompanied mission workers associated with Peru Mission to Trujillo, Peru. The group arrived in Peruvian capital of Lima on 3 June and flew to Trujillo, a smaller coastal city with a large indigent population on 5 June. From June 6-9, the group set up a makeshift dental clinic in a new location each of the four days around the outskirts of Trujillo where the local villagers didn’t have access to dental care for various reasons, including financial. For the most part, extractions were performed on the adult patients, and fluoride applications were administered to pediatric patients. If patients were seen that required alternative dental treatment, they were referred to the mission’s full time medical clinic where a Peruvian dentist worked from a fully staffed and functional dental operatory. In all, approximately 100 patients were treated and/or referred. At the end of each clinic day the team made sure to make the most of their time off in Peru by mountain climbing, exploring ancient ruins, playing soccer with the locals, etc.

After the mission trip concluded on 10 Jun, several members of the group seized the opportunity to visit one of the New Seven Wonders of the World, Machu Picchu, which happened to coincide with the 100th anniversary of its discovery by the scientific community.
Drum roll please….you have just finished the first issue of the 2011-2012 Murmur! How does it feel? Good? Bad? Don’t really care? I’d love to hear all your comments, suggestions, and submissions. My goal for this year’s Murmur is to give you something interesting to look at besides schoolwork…anything you can do to help me make that happen is more than welcome!

So. Summer is over. This was the first summer I have ever had to keep going to school, so for me, this summer has forced me to take another step closer to “the real world,” something I have been dreading ever since I realized there were these things called “rent” and “bills” and “vacation days.” Does anyone else remember when we had vacation months? Not anymore, my friends. It’s go-time now. Luckily for me, third year of dental school brings all sorts of new adventures involving patients and clinic and giving people shots in the mouth, so the blow hasn’t been too damaging. The dentist I worked for before I started dental school told me that once I started working through these hot months, I would be able to think of the whole year as one long summer…we’ll have to wait and see if he proves himself trustworthy.

A lot of my summer has been wrapped up in politics, which is a first for me. It just so happens that I have a family member in the running for State Senate – Knox Ross, District 20! See his ad down there? Shameless plug: if you live in his district (Brandon/Ridgeland/Madison), check him out and see what he has to offer before the run-off August 23rd. I’ve never been involved with any sort of political campaign before but I have seen now how important it is to know the candidates you’re voting for, and to be responsible about how you make your choice. Esthetic value is fairly high on my list of general life priorities, so I naturally cannot thank her enough. I should send a giant card around the school for us all to sign…be on the lookout for that.

If you’d like to submit an article, pictures, or become a regular columnist for this year’s Murmur, email me at mcstone@umc.edu.

Listening to: Bon Iver, “Holocene”
Reading: A Severe Mercy by Sheldon Vanauken
Pondering: 1 Timothy 1 (especially vs. 5)
Praying: “Deliver me, O Jesus, from the desire of being loved, from the desire of being exalted, from the desire of being honored…” -Mother Teresa
Procrastinating with: Hanging With Friends (my username is marycstone - play me if you dare)
Wishing: Jackson had a beach

Mary Catherine Stone is a D3. She enjoys coloring, African babies, and making straight A’s in dental school. Her greatest ambition is to get Knox Ross elected to state senate.
The Future of Stroke Care
Is Right Next Door, Today!

“Compared to other places, it’s like the Hilton. I like everything about it. It’s so nice, so roomy and so clean.”
– Stroke Patient Ettalynn Tracy of Brandon

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