To Do:
- vote for Habitat for Humanity
- Make a New Year's Resolution
- Read the Murmur

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Atul Gawande
Author of Complications

Better
A Surgeon's Notes on Performance

What's Inside?
Thank you for reading this month’s issue of The Murmur! The cover photo was taken a few blocks from the square in Oxford by Lauren Theobald, a third-year pharmacy student. This photo was chosen as the cover photo winner because it reflects the beauty of winter, and carries the message that spring is around the corner with its bright, yellow blossoms peaking through clean, white snow. It also reminds us of our campus’s connection to Oxford. Nursing and pharmacy students spend time in both cities, and many students in other schools on Jackson come from undergrad in Oxford. Congrats Lauren! She will receive $25. To see other photos reflective of the beauty of winter, see the back four pages. Runner-up for the photo cover contest is Jessica Bosarge. Thank you so much to everyone who submitted photos. They were all wonderful! I also included several more selections that were great.

The background on this page was taken from the ski lift in Solitude, Utah, where I was lucky to be able to ski last weekend on a residency interview. The interview trail is fun and exciting and definitely something to look forward to. However, it can be anxiety-filled. Not knowing where I will go next year, and liking every place I have visited will not make selecting a rank-order list very easy.

January Contributors
Hailey Ramage, ASB Philanthropy Chair
John Davis, ASB President
Amanda Harrell, ASB VP
Katie Laird, M4
Jacob Graham, M4
Jonathan Giurintano, M3
Taylor McPherson, M4
Emily Faulks, M4

Photo Submissions:
Cover Photo by Lauren Theobald
Runner-up: Jessica Bosarge
Honorable mention:
Jahnavi Chatterjee
Paul Redmond
Dustin Markle
Tara Davis
Rachel Riley
Leanne Walchak

Valentine’s Gift Ideas

Have a special someone to shop for for Valentine’s Day? The time to get sweet, personalized gifts is now.

Here are some ideas if you’re on a budget: Flowers and candy are enjoyed and appreciated, even if they are the cliche gifts for V-day. Most girls dig chocolate. Great candy and chocolate covered strawberries can be found at Nandy’s Candy on E. Northside Drive. Check out www.nandy’scandy.com. An iced cookie cake from the American Cookie Company at Northpark Mall would make me smile.

For flowers, try Whitley’s flowers, a locally-owned flower shop right across from the U on Lakeland. Another great option is Green Oaks on Old Canton Rd.

For girls, giving a guy a gift certificate for a restaurant or ice cream joint is a nice way for you to pay for a date. A locally owned ice cream shop is Bops Frozen Custard on County Line Road. Some of arguably the best cookies and cakes in town are made in Campbell’s Bakery in Fondren.

Getting Fancy? For him: why not some golf gear from Nevada Bob’s? You could also get him anything personalized for toting his gadgets- like a nice laptop bag, ipod holder, or leather smartphone case. Getting girls something nice is easy-jewelry is the gift of choice! Try Turquoise or Alex and Lele for nice, trendy, and affordable. Or to make her really happy-a diamond ring!!
Hey guys! I hope the Spring semester has come to a good start for each of you. Your Associated Student Body hosts a Habitat for Humanity community service project each year during the Spring semester. As we begin to prepare for this project, we need your help! There is an opportunity for Habitat for Humanity to earn a grant from Pepsi for $250,000, and therefore be able to serve 50 ADDITIONAL families in 2011 through critical home repairs. How can you help? - Go online to http://www.refresheverything.com/habitatmetrojackson or text 104866 to 73774 ONCE DAILY to vote for Habitat to receive this grant! (standard text messaging rates apply).

Thank you in advance for your support! There will be more information and details coming soon about being a part of building our Habitat house.

Hailey Ramage
lramage@umc.edu
ASB Philanthropy Chair
NSB President

Go online to www.refresheverything.com/habitatmetrojackson or text 104866 to 73774 ONCE DAILY to vote for Habitat to receive this grant!
My family and I were all sitting at my parents’ house on New Year’s Day making short work of a pot of my Mom’s black-eyed peas and sitting around talking about the premeditated beating Mississippi State was about to lay on Michigan. Already on my second round of peas (I like to assume that there is a direct proportionality to the quantity of black-eyed peas eaten that day to the quantity of luck one is to receive for the upcoming year) when the conversation shifted, and my Mom asked the family, “So… (Mom always grins sheepishly before she asks this)… how about New Years Resoluuuuuuuuuuuutions?”

It’s always funny when she’s asking a big question she kind of sings the last word. We all just kind of sat there for a second thinking. Dad is going to tackle some weight he wants to lose, and Mom wants to spend more time with her nine brothers and sisters in Texas. Ann, my sister, is going to “try to be the best sister ever!”, and immediately upon completing this declaration she laughed and touched me on my nose/entire face with the palm of her hand.

I couldn’t quite think of what I wanted to do this year, so I took suggestions. Probably not the best tactical move I’ve made in a while, but it seems that I’ve been getting the exact same ideas from loved ones for roughly 26 years.

1) Stop leaving my toys everywhere (to this day)
2) Be a better listener (I think this one came from when I watched that Simpsons movie over Christmas. When the “Spider Pig… Spider Pig…” scene came on I replayed it and replayed it. I got tickled, and Ann asked me nicely on multiple occasions to let the movie play through. I couldn’t let it go without seeing it at least four times in a row).
3) Try and button that top button of my pants a little easier (even when I was an infant this was a touch problematic because my belly would physically keep the buttons on a onesie set of baby pajamas at least two inches apart… it doesn’t do that now quite as bad).

So I took all of these suggestions with a chuckle because I knew they were all messing with me, but I know there are some things I could stand to improve.

After I left Hattiesburg and got back to Jackson, I tried to come up with a true New Year’s Resolution. I think that today in the medical field, we are challenged to come up with New Day Resolutions rather than one per 365 days. As health care professionals, we are constantly being challenged to reevaluate ourselves, and become more efficient workers, more self-driven learners, and more skilled care providers. That is one thing about the healthcare field which attracted me to it as a career -- it seems that we are constantly being called to improve in some form or fashion. This is something special that draws the best, brightest, and most driven individuals to the field. We don’t settle for ‘ok’, and this sets us all apart.

I hope everyone enjoyed the holiday break as much as I did. May your own personal resolutions turn out for the best, and Happy New Year!

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Hey everybody!

I hope everyone had a great break and very Happy New Year! There’s not much to report this month except the reminder about Ambulance Chase to be co-hosted with the MC Law School.

Here are the details:

When: Friday, January 28th
Where: Hal and Mals
Time: 8:30pm-12:30am
Band: The 17th Floor
Menu: heavy hors d’oeuvres, soft drinks, keg beer, and open bar while supplies last and MIDNIGHT PIZZA!!!

This is a great party that allows you to relax, have fun, and meet new people. I hope to see everyone there!

Go to http://www.jcgstore.com/ to order t-shirts online! Proceeds make future parties more fun!

Special thanks to Scoot Saul for helping me with the ESPN College Pick’ems and congratulations to the winners:

SCHOOL OF MEDICINE
Robert Gathings-GRAND PRIZE WINNER
Allen Moore
Chase Sims
Erin Newman
Brett Jeter
Katie Andersen

SCHOOL OF HEALTH RELATED PROFESSIONS
Rob Simpson-PT
Hunter Abrams-PT
Amanda McMillian-PT
Ryan Huling-PT
Andrew David-OT

SCHOOL OF NURSING
Scott May
Andrew Jordan

SCHOOL OF PHARMACY
Silas Richmond
Chris Pierce

Thanks,
Amanda L. Harrell
Associated Student Body Vice President
After scanning Facebook to see what folks were making for New Year’s Resolutions, we found some were jokes and others were serious.

One amusing post in particular from an old college friend was “I’m breaking so many resolutions!
1- Online shopped for the 1st time this year (being more fiscally responsible- fail) 2- Made a cup of coffee with a splenda (stop using artificial sweetener- fail) 3- Posted this on facebook (make better use of my time- fail) After this big meeting at 4, I’ll probably drink a glass of wine and fall asleep on my couch and forget to floss (better dental hygiene- fail)”

Here’s to hoping you all succeed with your resolutions, whether they are silly or serious. It also seems like girls are better at making resolutions than guys. Therefore, if you are a guy and feel like you need some room to improve, just ask a girl you know well what you should do! She will surely have some good ideas!

Some of ours are: John- “Get more organized and efficient. It’s only going to help me in July!” Lois- “Call my sister more often.” Below are some of the resolutions made by your wonderful ASB representatives.

Rebecca Newman, PT pictured with husband Hunter, says, “I’d like to follow through better on all of my commitments and promises. My husband would like to be a better driver!”

Nancy Salloum (M) pictured above on right- I’m going to volunteer more. Since my schedule has become less hectic this after this fall, I want to do more outside of class. Amanda Harrell (M) pictured above center, says, “I’m going to run a ½ marathon!”

This year, Hailey Ramage, of the SON4, will “Take a multivitamin everyday. I’ve been working in the MICU, and I need to keep from getting sick!”

Sounds like a goal we all need to shoot for!

Katelin Atwood, SON’s student, says she will “Prioritize my studying time and become more efficient.”

We could all take notes from Katelin!
This past December, the medical student book club, Literati Medicus, discussed Better: A surgeon’s notes on performance. Atul Gawande has been a favorite author of medical students and lay-persons alike. His other books Complications: A Surgeon’s Note on an Imperfect Science and The Checklist Manifesto: How to Get Things Right have won awards and appeared on best seller lists. Prior to attending medical school, Gawande was a Rhodes Scholar and served on several presidential campaigns, later becoming a senior advisor in the Department of Health and Human Services. While this only touches on Gawande’s accomplishments, I think I’ve listed enough of my Gawande’s resume’ to communicate the point that this guy is kind of a big deal.

Better is a collection of short stories which focused on three themes—diligence, doing right, and ingenuity. His wisdom and thought-provoking questions. Gawande casts a wide net over medicine and explains what it takes to improve everything—from massive immunization projects and reducing injuries incurred at battle, to the “standardization” of childbirth and cystic fibrosis care. The book also reflects on the history of medicine, explaining how certain practices, such as screening all veteran inpatients for MRSA, came to be. Gawande explores “what doctors owe,” a chapter on medical malpractice which discusses what led one orthopedic surgeon to abandon his practice and become, of all things, a malpractice attorney.

Gawande pushes us to think critically about challenging ethical issues. The chapter, “Doctors of the Death Chamber” gives an account of four different physicians who, whether intentionally or not, became participants in lethal injections. Some states require a physician to be present at all executions after a case raised suspicion that some prisoners had not stopped breathing before technicians gave a paralytic agent. This finding raised the possibility that the prisoners could have suffocated from the paralytic and thus experienced “cruel and unusual punishment,” a Constitutional violation. Therefore, the judge ordered that a physician be present to ensure that the prisoner was unconscious enough for the subsequent injections which would lead to death. The AMA, however, vehemently responded that physicians are not to participate in executions. One physician, an avid death penalty opponent, participated in executions because he believed it was “an end-of-life issue, just as with any other terminal disease. It just happens that it involves a legal process instead of a medical process. When we have a patient who can no longer survive his illness, we as physicians must ensure he has comfort.” Though, Gawande points out, that the inmate is not really their “patient,” and thus “they have no ability to refuse the physician’s ‘care.’”

The death penalty is an “end of life issue” that most doctors can avoid in their daily practices. Ill and dying patients, however, are much more common, and Gawande pushes us to continuously evaluate ourselves to see if we are doing right by our patients. How long do you fight a terminal condition? Do you perform a surgery at a patient’s insistence despite a lack of evidence for doing the surgery? With the seemingly endless complications that occur in an ICU, how do physicians know when to keep going and when to hold back, to “do no harm?” Gawande ends the chapter reminding us that “in the face of uncertainty, wisdom is to err on the side of pushing, to not give up… But our fight is not always to do more. It is to do right by our patients, even though what is right is not always clear.”

Our next meeting is February 1st, and we’ll be discussing My Stroke of Insight by Jill Taylor, a neuroscientist’s account of what it is like to experience a stroke and how it changed her life.
Located near University Medical Center, the Cabot Lodge Millsaps conveniently accommodates any Jackson visit. The exceptional comforts also include complimentary full southern breakfast and nightly hospitality reception. No matter what’s on your agenda, we’ll make sure you’re rested and refreshed.
This December, the M1’s participated in the annual tradition of burning anatomy lab coats after the final anatomy board. This is a fun and greatly anticipated event that marks the end of a right of passage in medical school. Tightly knit M1’s flash their cult lab scissor sign in the photo above, which is a sure signal that the necessary bonding to survive the rest of med school has occurred in the lab.

This year’s M1 class also had a Hawaiian shirt contest. The contest included an awarded for best faculty member, and a male and female prize. For the faculty, Dr. Correia (pictured on opposite page) won. He has demonstrated years of fearless leadership in wearing Hawaiian shirts.

On bottom left, Daniel Gilmer, took advantage of rowdy MS State fans with his maroon and white and showed some muscle to swing the vote. Also, apparently Santa Claus made an appearance. (Of note, Dr. Hester was seen leaving in Santa boots later). Marla Turner (pictured below on far right) was the winner for the ladies.
I had a rash on her forehead that extended into her hair. I simply cleaned the wounds and applied a topical antibiotic to the areas. I also had the opportunity to talk to the young lady that was taking care of the girl and to teach her about the importance of good hygiene. Even though what I did was very simple, the young lady thanked me and told me that no one had been able to help them before. She was so grateful for what I had done, that she brought out another baby who had the same problem.

During my time in the jungle, I was able to see several children with similar problems to the first girl that I had seen. My heart was broken for these kids because many of them only needed a little Neosporin and a bandaid, however, they have no way to get these things. It was a very humbling experience because most of us have several tubes of Neosporin or anti-itch cream laying around the house and we tend to take this for granted. At the end of my time in Chirani, I left the tubes of Neosporin and anti-itch cream that I had brought with me with several families and educated them on how to use them and ways to prevent infection in the future.

This trip was a very humbling experience and it opened my eyes to ways that I can help people in the future. I look forward to the possibility of being able to travel back to this village in the future with medical missionaries in order to help and educate the villagers there. If you are interested and want to get involved in a trip similar to this, check with the local churches, as many of them make mission trips, as well as medical mission trips multiple times a year.

On January 6th, I stepped on a plane that would take me to Lima, Peru. Unsure of what I was getting myself into, I arrived in Lima with my group and we prepared to head to the jungle the next morning. A day and half later, we arrived in the village of Chirani in the Andes mountains of Peru. We crossed the river by way of a zip line and finally found ourselves in the village. I was immediately blown away by the needs of the children that I saw all around me. Many of them were covered in sores that had become infected, however, they had nothing to treat them. The first night that I was in Chirani, I went and saw a young girl who was covered in sores and
Led by “Big Ben” Roethlisberger, the Steelers overcame a two touchdown deficit and edged past the Baltimore Ravens 31-24 in their first playoff game. Rivaling the New England Patriots for the title of most dominant team of the past decade, the Steelers are now one win away from their third Super Bowl berth in six seasons, carrying on the tradition of Terry Bradshaw and the great Steelers teams of lore. The Jets return to the AFC Championship game for a second consecutive year following a surprising win over the favored New England Patriots, avenging the 45-3 embarrassment suffered at Foxboro only six weeks earlier. Though the Jets have built a reputation as the league’s leading team in trash talk, Rex Ryan’s team accounted for two of New England’s three losses this season, a notable accomplishment. Mark Sanchez continues to perform well in the postseason, extending his playoff record to 4-1. Though the Jets defeated the Steelers 22-17 in their only meeting this season, Pittsburgh will have home-field advantage and a stadium full of “Terrible Towel” waving fans. In a match-up of two great quarterbacks, look for Ben Roethlisberger’s experience in important games to lead Pittsburgh to victory.

Though the championship will be played at Chicago’s Soldier Field, the Windy City’s blustery playing conditions are familiar to the Packers, who often play in Wisconsin’s tundra-like climate late in the season. The Packers hold 12 world championships, the most of any team in the NFL, and the Bears hold 9, second only to the Packers. Aaron Rodgers and the Packers are the hottest team in the NFL this post-season, and they look prepared to return to the Super Bowl for the first time since 1998 and add another league championship to the list.
I can’t say winter is my favorite season. In all honesty, it would be my least favorite season if it weren’t for the Holidays! So this Diagnosis Dinner will feature some of my favorite recipes that I picked up over the Holidays. First, a red and green appetizer perfect for any Christmas party: Pistachio and Cranberry Goat Cheese Roll. Second, a Baked Turkey Breast because my family can’t celebrate the Holidays without Turkey. And for dessert: Snow Covered Oreo Globes!

PISTACHIO & CRANBERRY GOAT CHEESE ROLL

INGREDIENTS:

2 to 3 Tbs dried cranberries
2 to 3 Tbs shelled pistachios
Fresh ground pepper
4 oz goat cheese log

INSTRUCTIONS:

First you want your cranberries and pistachios in smaller pieces. I cut the cranberries with a knife and put the pistachios in a food processor. Now mix the diced cranberries and pistachios together and make a thin layer of the combination on a small plate. Grab your goat cheese log and coat it with fresh ground pepper. After peppering, roll the log on the plate of pistachios and cranberries applying enough pressure for them to stick. Serve with crackers like Wheat Thins.
BAKED TURKEY BREAST

INGREDIENTS:
- Turkey Breast (bone-in or boneless)
- Vegetable or Olive Oil
- Sugar
- Creole Seasoning (like Tony Chachere’s)

INSTRUCTIONS:
Preheat oven to 450 on the bake setting. Next you are going to coat the turkey breast with oil, sugar, and creole seasoning—in that order, one generous layer at a time. Now put the turkey in the oven and turn the oven heat down to 325. You will need to cook the turkey in a pan with some water in the bottom (or else it will be too dry!). Cook for 25 minutes per pound (i.e. a 3 lb turkey should bake for 75 minutes).

SNOW COVERED OREO GLOBS

INGREDIENTS:
- 1 bag of Oreos
- 8 oz. cream cheese
- 1 bag of white chocolate chips
- 2 Tbs of shortening

INSTRUCTIONS:
In a mixing bowl, use a hand mixer to combine Oreos and cream cheese until it reaches a consistency where you can make round “globs.” Now, make the mixture into “globs” and place them on a sheet of wax paper. Melt the white chocolate chips and shortening in a double boiler. Now pour the melted white chocolate over each glob to create the snow-covered look. Refrigerate until white chocolate hardens and serve!
Pie. Yes, pie.

I wanted to branch out a bit with this month’s recipe. I wanted pie, and I wanted it to be easy and fast. I also wanted it to be so delicious that even my non-food-adventurous family would love it. (They are very wary of what I bring home for holiday dessert, especially after I made a chocolate-tofu-coffee liqueur pie a few years back. Alas.)

So I abandoned the chocolate idea for this year. I also decided that trying to tackle a traditional apple or cherry would be too much as well. Well, my dad’s favorite dessert is key lime pie, so why not try something like that? So I did, and first I made the pie with only limes…delicious! Then I made another with lemons and limes, still delicious!

What you’ll need for no fail pie:

- 1 8-in or 9-in graham cracker pie crust (buy it or make your own!)
- 1 can sweetened condensed milk
- 3 eggs, separated. (You’ll only need the yolks, but save the rest for French toast!)
- 1-2 tablespoons zest (lemon, lime, or a combo of whatever citrus you have)
- ½ to 2/3 cup citrus juice (juice what you just zested, plus 1-3 more)
- Whipped cream and/or sliced fruit for garnish

Instructions:

Preheat your oven to 350 degrees. Go ahead and zest your lemons or limes. Some of you may be blessed with a microplane (special fancy zester machine), but I just used a cheese grater. Just grate the lemons or limes until you can just see the white part of the rind, then move on to a different spot. And if you have no grater, you can be hard-core and slice off just the colored part of the rind and mince it up. (I had to do this once, and while it’s annoying, it works.) 1 lemon makes almost 1 tablespoon zest, in my experience. Just zest as much as you need, and then juice the fruits. Juicing first and then zesting, bad idea. (And just FYI…the flavor of citrus comes more from the zest, not the juice. So if you want “hint of lemon” in any dish, just zest a little into your cooking, rather than juicing the whole thing. Much easier and less messy.)

Ok, so after you zest your fruit with ZEST (haha!), juice them! You can be old school and squeeze the things with your hands, or you can get a hand-held juicer for really cheap. And if you happen to have a lemon or lime that is not wanting to juice, you can nuke it in the microwave for 10 seconds or so…it helps them give up juice more easily. If you didn’t want to spend time juicing, you could buy lemon or lime juice from the store, but if you did that you would waste all your zested fruit! And it really doesn’t take that much time, I promise.

Was that so hard? It just gets easier. Dump your zest into a bowl with the three egg yolks. Use a mixer and beat everything for around 4-5 minutes until the eggs get light yellow and fluffy looking. Then slowly pour in the sweetened condensed milk, all the while mixing for another few minutes. Lastly add your juice and mix just until
Directed by brothers Ethan and Joel Coen, True Grit revives the American Western genre with solid performances by Jeff Bridges, Matt Damon, and newcomer Hailee Steinfeld to yield one of the year’s best pictures. Based more on Charles Portis novel than the John Wayne film, True Grit follows Mattie Ross (Steinfeld), a stubborn, quick-tongued 14-year-old girl in her pursuit of her father’s murderer Tom Chaney (Josh Brolin) into Cherokee territory chaperoned by U.S. Marshal Rooster Cogburn (Bridges) and Texas Ranger LeBoeuf (Damon). In an age where action movies rely almost solely on computer-generated special effects – think Inception or Sherlock Holmes – the Coen’s bring cinematography back to the basics, the novel’s original dialogue – note the direct nature of speech and absence of contractions – and superb acting. Case in point: the scene where Rooster rides into “Lucky” Ned Pepper’s gang of horsemen. Where even John Wayne relied on special effects for the film’s climactic scene, Bridges himself rode on horseback with both pistols drawn and the reins in his teeth. Bridges’ depiction of Cogburn is nearly identical to that of “Bad Blake,” his Academy Award-winning character from Crazy Heart, but the character fits. Though the film’s stars are Bridges, Damon, and Brolin, the most impressive performance comes from Steinfeld, who makes her major cinematic debut after being chosen for the lead role ahead of 15,000 other auditions. Unlike the 1969 film that centers around John Wayne as Rooster Cogburn, the Coen’s True Grit is told entirely from the perspective of Mattie Ross, with Steinfeld shouldering the majority of the on-screen appearances. Though marketing is targeted at the young and middle-age male audience, True Grit proves an enjoyable film regardless of age or gender, arguably besting the John Wayne classic...arguably.

RATING: 4/4 FIST PUMPS

True Grit is breakout performance for Hailee Steinfeld, pictured below.
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photo by Jahnavi Chatterjee
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photo by Paul Redmond
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After a football injury left him a quadriplegic at age 16, Robert Cassidy of Ruleville could have given up. But staff at Methodist Rehab showed him that his goals were still within reach. And therapy helped him gain the tools for a successful return to the classroom.

“They have a lot of positive people who motivate you to keep going regardless of the situation,” he says. “Whatever life throws at you, you’ve just got to roll with it.”

Cassidy now rolls confidently around the campus of Delta State University, pursuing a business degree that he hopes will lead to a career helping others. “I’m leaning toward being an entrepreneur,” he says. “Maybe I’ll invent something for people like myself.”

Facebook.com/MethodistRehab
Methodist Rehab 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.