Congratulations Class of 2011!!

What’s Inside? It’s all about Summer: Summer Skin Care, Summer Movies, Outdoor Summer Eats, MS Braves Game Pics, Also:

DENTAL SCHOOL CLASS OF 2013
SWEEPS “SWINGIN’ IN SCRUBS”

HHP HEALTH FAIR A SUCCESS
...AND MORE!
Welcome to the May/June issue of the Murmur! Inside, you will find images of spring and summer, especially revolving around baseball and softball. The D2's swept up on softball tournaments this year, including winning the 1st Annual “Swinging in Scrubs” fundraiser. Next year’s editor, Mary Catherine Stone (now a D3!), shares their story. Check out Jonathan Guarrera’s summer movie guide and don’t miss Andrea Green’s summer sun protection quick tips. You will also find a list of places around town to eat outside.

Congratulations to everyone who graduated this year!! I imagine some of you may be feeling similar to me... I am excited yet nervous to be finally getting out into the real world. The second half of the fourth year of medical school is pretty amazing, and I am a little bit sad for it to end. Wearing a long white coat for the first time was a bit humbling; the long coat means now I have more power to help others, but like they say in Spiderman, with power comes responsibility. My mistakes will matter and I will be responsible for them. For those of you who have a couple of years to go, enjoy the time you have left! The last four years have been so much fun, and I attribute that to the amazing friends I have made. I am thankful for my friends for the support and motivation over the last four years. I am thankful for my friends for the support and motivation over the last four years. I owe a big thank you to all the Murmur contributors, particularly those who contributed on a regular basis. Jonathan Guarrera set the record for most articles and almost always turned them in early. Taylor McPherson and Emily Faulks contributed a great deal by making us all hungry for their amazing recipes. Amanda Harrell not only did a bang-up job planning school events, she also did a great job keeping everyone updated through the Murmur. Brian McCrate, Pharm D program grad, taught us about Herbal remedies over the year. Sam Love and Mimi Abadie contributed a variety of thought-provoking articles.

Thank you to all the magnificent photographers who captured our ASB events this year, particularly Robert Gray, Chuck Runyon, and Jay Ferchaud. Your photos have brightened the pages of the Murmur. The UMVC printing department has done an outstanding job and everyone who works there has been great to work with. I am grateful to Mrs. Virginia Couvington for all of her help with everything the last four years including helping me out with the Murmur. Lastly, I owe a huge debt of gratitude to the Murmur’s advisor, Dr. Jerry Clark, Chief Student Officer at UMVC, for always having good ideas. Thank you to former ASB president John Davis for asking me to be editor.

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At each other’s throats already! This can’t be good.

New ASB officers pictured above (from left to right):
Secretary: Stephen Sills
Vice President: My-Lihn Ngo
President: Lyssa Taylor
Treasurer: Matt Murray

At a ceremony in the student union, John Davis gave his farewell remarks and swore in President-elect Lyssa Taylor as the new President. Lyssa gave a warm acceptance speech, and spoke highly of all the new officers, then led them in our student council’s oath.

Lyssa also thanked the service of the outgoing officers, President John Davis, Vice President Amanda Harrell, and Secretary Ross Stone.
What a perfect Graduation Day! The entire ceremony went incredibly smoothly and quickly for so many people to be graduating. An impressive 634 degrees were handed out by faculty and administrators. Grads include 118 who received the M.D.; 35 who received the D.M.D.; 26 who received the Ph.D.; 45, the master of science; 44, the master of science in nursing; 121, the bachelor of science in nursing; 63, the doctor of physical therapy; and 36, the master of occupational therapy. Two students received both the M.D. and the Ph.D., Jeanann Suggs and Kim Gannon, pictured below.

One-hundred-forty-four students received the B.S. in the School of Health Related Professions. They included 41 in clinical laboratory sciences, six in cytotechnology, 21 in dental hygiene, 12 in health informatics and information management, 43 in health sciences and 21 in radiologic sciences.

New dentist, Dr. Chris Carlton and new surgery resident, Dr. Drew Mallette (pictured on top left and lower right this page) are among the graduates hooded by parents who currently teach or formerly taught at UMMC.
Several awards were presented to top students on Graduation Day. These outstanding award recipients are pictured clockwise starting on top right beginning with Erin Fortenberry of Gautier, who received the Waller S. Leathers Award for the medical student with the highest academic average for four years. Next is Lindsey Warner of Louisville, who received the Wallace V. Mann Award for the dental student with the highest academic average for four years, followed by Samuel Self of Madison, who received the Christine L. Oglevee Memorial Award as the outstanding School of Nursing baccalaureate graduate. Last pictured is Jennifer Turner of Brandon, who received the Dr. Virginia Stansel Tolbert Award for the highest academic average in the School of Health Related Professions. Dexter Whitley of Jackson received the Charles Randall Award for outstanding research achievement (not pictured).

On May 30th, Jerrick Rose and I had the opportunity to attend the 29th Annual Meeting of the Mississippi Black Professionals Association Awards Luncheon in Biloxi, MS. The MBPA is composed of dentists, physicians, pharmacists, and lawyers from across the state of Mississippi. The keynote speaker at this award luncheon was Dr. Raymond F. Gist the 147th and 1st African American President of the American Dental Association. This was his first trip to Mississippi and he said that it would not be his last. During his visit, he was accepted into the Mississippi Dental Society as a lifetime member by President Dr. Jeffrey Knight.

Submitted by David Carter, VP SNDA UMMC
I could not have achieved anything without your help and guidance. Provided activities that met the interests of all students. I would especially like to thank all for support and encouragement throughout the past year. I truly enjoyed my job and hope that I would like just to thank the student body for all the support and encouragement throughout the past year. I truly enjoyed my job and hope that I provided activities that met the interests of all students. I would especially like to thank all the people, students and faculty, that helped me behind the scenes (you know who you are). I could not have achieved anything without your help and guidance.

Hey everybody,

The first annual Swingin in Scrubs turned out to be a great event. I had so much fun and I hope everyone else did too. Congratulations to the Dental School for producing the champion team of the tournament! Also, congratulations to Aaron George for winning the Homerun Derby. We raised a little over $100 for Stewpot and they are so pumped about this donation! I would like to encourage the student body to raise even more money next year.

On another note, this is my last article as ASB VP. Minh Ngo is the new VP and she has tons of great ideas for the upcoming year. I know, without a doubt, that you will embrace her the same way that you embraced me. I would just like to thank the student body for all the support and encouragement throughout the past year. I truly enjoyed my job and hope that I provided activities that met the interests of all students. I would especially like to thank all the people, students and faculty, that helped me behind the scenes (you know who you are). I could not have achieved anything without your help and guidance.

For the last time...

So long,

Amanda L. Harrell
Former Associated Student Body Vice-President
SOM Class of 2011

For more information, contact our Private Client Group:


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SOF TBALL CHAMPS

Look out, UMC – you might be unaware, but there is one team in particular that is rising to the top of the softball tournament pile, a force of unassuming, modest dental students that will sweetly rip your titles and trophies from your fingers before you’ve had time to even think about your victory party. With 3 championships to their name and an undefeated status existing since the team’s conception, it has become clear that the D2’s have discovered the best method of coping with the stresses of school: win, and win hard.

The D2 team (who are technically third year students now) started their winning career at their first SOD softball tournament and crawfish boil last year, and continued at the same event this year – but decided to add a new tournament to their repertoire, the first annual “Swingin in Scrubs” school-wide event. Recent PT school graduate Ryan Huling was recruited for the last tournament, and says he “had a blast” playing with the dentists. “Nobody likes to lose.”

Unquestionably, the team’s MVP is 27-year-old Aaron George, who played baseball for two years at Meridian Community College and two years at the University Of South Alabama in Mobile. George has been playing since he was six, and his vast experience is felt strongly by his teammates now. “Other teams beg for hair samples and things of that nature, suggesting that Aaron George is suspected of steroid use. But we all know he’s not a juicer – he’s just that good,” says fellow teammate and class president John Harrison. Harrison is no stranger to baseball himself, and stands alongside a number of other team members who played in high school. Perhaps it is the many combined hours spent practicing in the past that has allowed the team to hold an undefeated status without having practiced together a single time. “We didn’t need to practice,” says team member Leslie Frese with a laugh. “I think we were just so close as a class that it wasn’t necessary!” There is no telling what lies on the horizon for this talented team of dental students. Fame? Fortune? Calls from the minor leagues? Just to be safe, I would encourage every student who is able to see these guys in action before they move on to bigger and better things. And if you come to play, it’s best that you come prepared to fight.
ASB 1st Annual “Swinging in Scrubs” Softball Tourney

Below right, ASB Philanthropy Chair Hailey Ramage, the MC. Hailey worked with VP Amanda Harrell (top right) and Intramural Chair Tal Hendrix (opposite page) to organize the event. Players, friends and families enjoyed Crawdad Hole crawfish and hot dogs while watching some softball on a warm, spring Sunday afternoon.

& Crawfish Boil Fundraiser for Stewpot A Success!!!

The D2’s (Above) defeated the M4/ASB team (Pictured below right after winning the semifinals) to be the first Swinging in Scrubs Softball Tourney Champs.

Below Left- winner of the Home Run Contest, Aaron George, pictured with Intramural Chair Tal Hendrix who ran the event.
Free tickets and hot dogs
friends, family, and MS Braves baseball, what could make a better evening in May?
Oh yeah, $1 Beer!

Every year the ASB Student Activities provides tickets to an array of activities from the Jackson Symphony to New Stage plays to the zoo and this year, VP Amanda Harrell coordinated it so that we would get free tickets to a MS Braves Baseball game on a ‘Thirsty Thursday’ at Trustmark Park.
The game was well attended and enjoyed by all who could make it. Braves have had 18 wins so far this year and look to have a promising season ahead. For info and tix visit web.minorleaguebaseball.com.
Community News:

UMMC Students Hold Health Fair at Neighborhood Christian Center
Hosted by the Humanitarian Health Partnership (HHP)

article by Sam Love opposite page--

Bowling Tourney Raises Big Bucks for Jackson Free Clinic

HHP Health Fair by, Sam Love

The HHP recently hosted a health fair for the kids of the Neighborhood Christian Center community. Volunteers from all across UMC came together to provide the kids with a taste of what it is like to be a health professional. Each of the thirty or so kids received surgical hats, masks, and gloves when entering the fair that both young and old wore with pride.

As the kids made their way around the fair they had the opportunity to visit stations sponsored by each of the schools at UMC. The pharmacy school had set up a station where the kids could smash smarties into a powder like they were compounding drugs and count skittles like they were filling prescriptions. The Dental school had teeth models and pictures to show the kids what being a dentist is like. They also gave each kid a toothbrush at the end of the day. The Physical Therapy school had a table full of toys and games and the kids spent most of the day with them throwing the football or jumping rope. They learned about the importance of staying active. The medical school set up had a skeleton and microscopes for the kid to look into. They could see red blood cells and what the difference between a smoker’s lung and a non-smoker’s lung looked like.

Here’s what Lois Montague, who helped plan the event had to say: “For me, the goal of this health fair was 3-fold. First, I wanted to get students from different schools together to work as a team to inspire the children. Second, I wanted to have a great time. Lastly, and most importantly, I hoped the children would leave thinking jobs in the health care profession looked like fun. I knew the event was a success by all the smiling faces of volunteers and children. At the end, I asked an 8-year old boy sporting his surgical cap, ‘What was your favorite part?’ He answered, ‘Maybe the skeleton — no, no, the teeth. I liked the teeth.’ ‘What do you want to be when you grow up?’ I asked. ‘A dentist,’ he replied.

The health fair also had an adult element to it as well. While the kids were outside playing, the adults had the opportunity to go inside and get a free glaucoma screening courtesy of the UMC Department of Ophthalmology. Hypertension screenings were done inside as well thanks to a lot of help from the school of nursing. Personnel representing the State hospital at Whitfield, Magnolia Health, a diabetic shoe company, and a health company also joined us to provide the adults with valuable information.

Diane Delore, who helped put the event on from the NCC perspective had this to say about the event. “What an awesome Health Fair! I had as much fun as the kids. All of the staff you brought were so wonderful with the children and had such fantastic age appropriate activities. I could tell the kids learned a lot and some will probably choose to go into medicine just because of that day!”

It was a great event and one that the HHP hopes to expand on in years to come. If you have any questions regarding volunteering or volunteer opportunities feel free to get in touch with me (slove@umc.edu) and I can hopefully direct you to the right place.
With the return of 100-degree heat heralding the beginning of another summer, movie producers have released their latest crop of summer blockbusters hoping to draw crowds out of the heat and into the nation’s air-conditioned theaters. Generally, many of the year’s top films are released during the summer season—last year Academy Award winners Inception and Toy Story 3 dominated the July box offices—and while there are a few films already garnering praise from the critics, this year’s crop consists largely of sequels and other movies seeking to capitalize on the success of previous films. As the economic situation remains less-than-optimal and ticket prices continue to climb ever higher, the film industry is betting that moviegoers will choose to spend their hard-earned money on plots and characters with than-optimal and ticket prices continue to climb ever higher, the film industry is betting that moviegoers will choose to spend their hard-earned money on plots and characters with

**The Tree of Life**

**Based on the concept that all life on earth is interconnected, the Tree of Life is writer and director Terrence Malick’s venture into the origins and meanings of life, viewed from the perception of a suburban Texas family in the 1950’s. The Tree of Life is poised to be the year’s most innovative and talked-about film, having already received the Palme d’Or, the award for best picture at the Cannes Film Festival; critics are already comparing it to Stanley Kubrick’s 2001: A Space Odyssey, one of the most influential films of the 20th century. Alternating between the 1950’s and the present day, the Tree of Life tells the story of the O’Brien family—Brad Pitt portrays the father, Mr. O’Brien in the 1950’s while Sean Penn portrays Jack O’Brien, his son, in the present day—and their difficulties coping with the death of one of the O’Brien’s teenage sons over the course of several decades. Interjected in the story are biblical quotations from the Book of Job, scenes picturing the formation of the universe during the Big Bang, and a mysterious light that reappears throughout the movie. Some viewers may find The Tree of Life too sci-fi for their liking, but the film will likely be a big winner at next year’s Academy Awards. The Tree of Life debuts on July 8.

**The Help**

**Based on the New York Times best-selling novel of the same name by author Kathryn Stockett, the Help centers around a group of African-American maids working in the households of upper-class White families in Jackson, Mississippi during the 1960’s. While the underlying theme of race relations has been hotly debated among literary critics since the novel’s release in 2009, the Help proved immensely popular among American audiences, and the film looks to receive the same approval. The first film by director Taylor Tate, the Help presents a sort of paradox to modern Mississippians: Mississippi isn’t exactly portrayed as a beacon of humanity in the film, which helps to promote the popular misconception that our state hasn’t advanced since the 1960’s, but the movie was filmed in areas we are all familiar with—the Shell gas station to the Butterfly Yoga Studio). The Help is primarily targeted towards a female audience anxious to see the film adaptation of the novel, and it should be an entertaining film for viewers of all genders, races, and ages. The Help debuts on August 12.

**Murmuring at the Movies: Summer Movie Guide**

**By Jonathan Giurintano**

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**The following summer films are mostly sequels, movies that share striking similarities with movies of summers past, or romantic comedies:**

**Sequels**

- Pirates of the Caribbean: On Stranger Tides Now Playing
- The Hangover Part II Now Playing
- Kung Fu Panda 2 Now Playing
- Cars 2 June 24
- Transformers: Dark of the Moon June 29
- Harry Potter and the Deathly Hallows: Part Two July 15

**Movies resembling previous movies:**

- Bridesmaids Now Playing
- X-Men: First Class Now Playing
- Green Lantern June 17
- Captain America: First Avenger July 22
- Cowboys & Aliens July 29
- Romantic Comedies
  - Something Borrowed Now Playing
  - Larry Crowne July 1
  - Friends with Benefits July 22
  - Crazy, Stupid, Love July 29
  - One Day August 19

Best Jackson Eateries with Outdoor Seating

by Lois Montague

The Crawdad Hole

Open Wed- Sun, this hole boasts a huge deck outside, which is often shaking with live bluegrass or oldies music. It’s located right in front of Smith Wills Stadium on Lakeland. You go up to the window, order all the crawfish, shrimp, spicy potatoes, corn on the cob, and sausage you can eat, then find a place to plop down and make a mess. Plenty of paper towels are available, and you’ll need them. It’s BYOB if you bring $2. Don’t forget your cooler! Beer+ Crawfish boil= Heaven. They are ready to accomodate folks hanging around for a while, and they even have port-o-potty’s on the deck.

Babalu Tacos and Tapas

On the patio, brightly lit with oversized Christmas lightbulbs, you can enjoy signature Babalu drinks with your friends on comfy loveseats with coffee tables. Food is also available outside under the umbrellas. It oozes with charm and you feel like you are stepping into a different country or perhaps a different time. A nice escape. You really haven’t lived until you have eaten their guac. It is very sad to me that Kiefer’s is relocating. It is a pretty big deal that I say I really love this place

Sal and Mookie’s

It is a pretty big deal that I say I really love this place and I am lactose intolerant, due to the fact that they are know for their pizza and ice cream. Sal and Mookie’s will cork your bottle of wine to take home if you don’t finish it, attaching the receipt in case you you’re overexposed like you would if you spent too much time poolside. UVA is more closely linked to melanoma because of the melanocytes layer in the deeper layers of skin. UVB may be bad, but melanoma is badder.

Burgers and Blues

A repeat of Crawdad Hole’s winning combo – huge deck + live music; only this time it’s burgers and fries with your beer and the music is blues. The restaurant was started by the owners of the legendary Stamps burger, so they know how to handle their meat. Never fear, vegetarians, they offer some great veggie burger options for you as well as turkey burgers in various sizes for those seeking lighter fare. As an interesting twist, B&B is one of the only places I know of to get sweet potato tots- that’s right... tots. Amazing.

Kiefer’s

It is very sad to me that Kiefer’s is relocating. They have one of the best decks in town complete with a tree growing in it. Like Sal and Mookie’s, they are ready for any climate with fans and heaters. Anyone who hasn’t tried it yet would love their gyro dipped in feta sauce. If you are a vegetarian, why not get hummus and pita as your meal or try the falafel?

Some other good choices:

- La Cazuela and Pizza Shack in Belhaven,
- Papilo’s in Madison and The Parker House in Ridgeland.

For those of you, like me, who suffer from a relatively ameliorative situation, but wish to enjoy those beaming rays of sunshine you haven’t seen since your syllabus was handed to you in August, this article is intended to give you the 411 on skin protection before you crawl out of the basement, library, or study carrel and potentially wind up looking like Will Ferrell on your first day of freedom.

Summer Skin Protection

Quick Hints

by Andrea Green

You get no benefit with sunscreen SPF’s over 30!

That’s right!!! All has to do with how SPF is calculated. A product with an SPF of 15 blocks out 93% of UBV. Raising the SPF to 30 increases UBV protection to only 96.7% and an SPF of 40 blocks out 97.5%. An SPF of 70 would increase UBV protection to only 98.6%. So, if you want to spend the extra money to get that additional 0.8% of UBV protection, go right ahead…gunner...

Another thing to consider when deciding on sunscreen selection is chemical composition, and I’ll keep it basic. All sunscreen SPF’s are calculated based on their ability to block UBV. Remember, UV-BAD! UVB is the wavelength of sunlight that has been linked to cancer and is responsible for burning when you are overexposed. This is why tanning beds have lamps that almost exclusively produce UVA. When you use a tanning bed, you don’t get the characteristic burn if you’re overexposed like you would if you spent too much time poolside. However, UVA exposure has some negative consequences as well. UVA penetrates deeper into the skin tissue, reaching the dermal level. This causes destruction of collagen tissue, resulting in premature wrinkles, and UVA is more closely linked with melanoma because of the melanocytes layer in the deeper layers of skin. UVB may be bad, but melanoma is badder.

A last thing to note: Don’t forget to apply sunscreen at least 30 minutes before you plan to go outdoors and reapply sunscreen as frequently as recommended on the bottle. Happy tanning, swimming, and summer sporting!!

In Summary:

- Buy sunscreen with SPF above 30 isn’t worth it.

- Buy sunscreen that blocks both UVA and UVB, and reaply frequently!

According to USMLE World Step 2 Qbank question I got wrong just yesterday, the best way to protect your skin from harmful sun damage is to avoid sun exposure during peak hours of 10:00am to 4:00pm. What crap… Sorry World, but I’ve spent the past year of my life being indoors during those hours and a beckoning pool will take priority over sun protection any day. So, assum...
Now I can... pay it forward

Sam Lane Jr. of Jackson was nearly killed when a drunk driver rammed into his bicycle. And there has been nothing easy about his efforts to overcome a severe brain injury.

But the recent college graduate finds some comfort in knowing his struggles may contribute to a greater good. He’s participating in Methodist Rehab research that may lead to better therapies for traumatic brain injury survivors.

“I’m glad that I can help,” he said. “It would be good if my accident could accomplish something

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.