ATTN ASPIRING CONTRIBUTORS:

It's not hard to get printed around here. Send me your articles and pictures and if they are even half-way decent, I'll print them. If you would like to contribute to the December issue of the Murmur, send your article or pictures by December 1st.

Christmas-ish things would be nice.

Email all contributions to mcstone@umc.edu.

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Thanks to everyone who came out to the Halloween Party this year! Now, it is time to class it up with our Claus Ball scheduled for December 3rd at River Hills. Bangarang will be opening for Kopecky Family Band.

As soon as Stephen Sills shared this link with me (http://www.pastemagazine.com/blogs/av/2011/03/paste-at-sxsw-video-kopecky-family-band.html), I knew my life would never be the same. Seriously, I became an instant groupie. I even tried stalking them after seeing their performance in Boulder, CO. (Side note: I failed.)

Kopecky Family Band is based out of Nashville, TN. They're a group of 5 guys and 1 girl making energetic, raw, beautiful music. There are few bands out there that are able to evoke so many varying emotions through their lyrics and melody, but Kopecky does it with ease. Their stage presence is undeniable. Their passion for music is clear. Their energy is contagious. I can't even begin to tell you how much I'm in love with them. Kopecky has released 3 EPs. They've played at Bonnaroo, SXSW, and Paste Magazine showcase. They've been featured on NPR's Tiny Desk Concert, and they've toured with the Givers. This band is ahhhhmazing (say it in a sing-song voice), and they are going to ROCK this year's Claus Ball. Trust me. You don't want to miss them. I hope to see everyone there!

Turkey Tuesday
11.22 10:00am. MS Museum of Natural Science.
Thanksgiving activities for all ages.

Big A** Turkey Bash
11.23 at 8:00pm. Hal and Mal’s.
Kudzu Kings, Electric Hamhock, the Bailey Brothers, and Buddy and the Squids perform.

Holiday Story Times
11.26 10:00 am. MS Children’s Museum.
“Humphrey's First Christmas” At 10:30.
“Seven Spools of Thread” at 12:30.
“The Polar Express” at 1:30.

Duling Hall Concert Series
11.30 7:30pm. Duling Hall.
Rayland Baxter and Grayson Capps perform.

Fondren After 5
12.1 5:00pm. Fondren
Monthly event showcases the local Fondren shops, galleries, and restaurants. Special holiday Fondren extravaganza!

Christmas at the Governor’s Mansion
12.2 9:30am. Governor’s Mansion.
Historic section of the mansion features holiday décor. Guided tours offered from 9:30-11am Tues-Fri.

Sounds of the Season
12.2/12.3/12.10/12.16 and 1.17 at 12:00pm. Old Capitol Museum.
Local choirs perform in the rotunda.

Gingerbread Gift Market
12.2 5:00pm. MS Agriculture and Forestry Museum.
Gift market with 100 artisans and craftsmen. Pictures with Santa. Silent Auction.

Chimneyville Crafts Festival
12.3-12.4. MS Craft Center.
More than 200 master craftsmen display, demonstrate and sell their work.

Jingle Bell Market
12.3 at 9:00am. Trustmark Park.
Food and gift vendors, pictures with Santa, and an ICE SKATING rink.

Christmas for the Birds
12.3 at 10:00am. MS Museum of Natural Science.
Create natural ornaments that double as bird feeders.

MS Children’s Museum’s First Birthday Celebration
12.3 at 10:00am. Mississippi Children’s Museum.
Activities include pictures with Santa, Nutcracker ballet workshops, science experiments, and a scavenger hunt.

City of Jackson Holiday Parade
12.3 12:00pm. Downtown Jackson.

Ridgeland Christmas Parade
12.3 2:00pm. Jackson Street.
“A Star-Spangled Christmas”

Sounds of the Season
12.2/12.3/12.10/12.16 and 1.17 at 12:00pm. Old Capitol Museum.
Local choirs perform in the rotunda.

Winter Wonderland of Lights
12.3-1.1 6:00pm. Freedom Ridge Park
View Christmas lights and participate in family-friendly activities.

Ballet Mississippi’s “The Nutcracker”
12.3 at 7:30pm and 12.4 at 2:00pm. Thalia Mara Hall.

Lighting of the Bethlehem Tree and Music in the City
12.6 5:15pm. MS Museum of Art.
Annual tree-lighting ceremony and music from the St. Andrew's Cathedral Choir in conjunction with the Museum Store Holiday Open House.

Global Tree Display
12.9 9:00am. Jackson Zoo.
See trees with decorations inspired by different cultures.
U.S. News and World Report lists careers in health at the top of the “50 Best Careers of 2011.” Further, the U.S. Department of Labor projects that careers in health will continue to provide the best and most stable incomes for Americans, because aging baby boomers will consistently increase the demand for healthcare through the year 2018 (Grant, 2010).

In such uncertain economic times, it is difficult not to focus on money when it comes to professional training. After all, who would work as hard as you do each day at UMMC, and not expect “get paaaaiiiiid!” However, with ethics in mind, if we are not careful, these turbulent times in the U.S. might cause us to be singularly focused on money. This brings me to the central question: What is your real motivation for pursuing a career in health? Is your goal to serve humanity and improve the quality of life for people in America’s communities? If so, please nurture your commitment by serving. Serve now as a student. Serve in the future as a professional. Serve!

But go a step deeper: instead of just becoming a health professional who serves...become a SERVANT who heals.

Submitted by Chris Taylor
Project Manager – UMMC Division of Multicultural Affairs
http://mca.umc.edu/

Reference:

For Halloween this year, the OT2s went into the community and celebrated halloween with the children at Magnolia Speech School and Sunnybrook Children’s Home.

This Thanksgiving, the OT2 class is thankful for being able to give back to our community. Our most recent projects were hosting Halloween parties for both the Sunnybrook Children’s Home and Magnolia Speech School. The parties featured musical chairs, pumpkin decorating, Halloween treats, and dancing to “Thriller!” Not only did the children have fun at these All Hallows’ Eve affairs; our class also enjoyed this great opportunity to connect with the youth in our area. We all hope to return to visit them and volunteer soon!

-Brynn Corbello, OTS2

On October 26th, UMC Therapy Students and instructors were invited to a private reception at Hal and Mal’s to meet paralympian Chris Waddell:
• The most decorated male skier in Paralympic history.
• The first paraplegic to summit Mt. Kilimanjaro unassisted.
• Named by People Magazine as one of ‘The 50 Most Beautiful People in the World.’
• A recent guest on Dateline and Oprah.
• The subject of the new award-winning documentary film, ‘One Revolution.’

The event was sponsored by Methodist Rehab Center’s therapists and wheelchair athletes.
There is a new football force on campus. The first year physical therapy students took home the coveted intramural football championship on October 30th in both the guys’ and girls’ divisions with victories over their rivals from the second year physical therapy class.

In what is already being dubbed an instant classic, the first year PT girls of Palpation Nation outlasted the Trendelenburg Gators (representing the second year PT class) 7-0 to win this year’s championship. The championship game was a defensive slugfest for the ages yielding only one scoring drive the entire night. Executing a play known as "XENA", Palpation Nation quarterback Lauren Cooper rolled to her left and hit Christina Thompson on a curl route. Thompson initially bobbled the ball before securing it, leading a Gator defender to go for the ball instead of Thompson’s flag. As Thompson secured the ball, she alluded the Gator defense and scampered 45 yards for what would prove to be the winning score.

Thompson said after the game, “the keys to victory came down to playing with heart.” Also, when asked about the possibilities of a repeat, she responded with “absolutely-tutely!” Quarterback, Lauren Cooper also talked about the win stating, “We are excited! It was so much fun to play and it helped bring our class a lot closer!” She also praised her team’s effort and the successful schemes of the Nation coaching staff lead by Spencer Boothe, Alex Green, and Jack Thompson.

For the Trendelenburg Gators, it marks the second straight year they have tasted the agony of defeat in the championship game. The men of Palpation Nation also took down the second year PT students in their championship game by a final of 25-18. For one anonymous Palpation Nation player, the game-plan was simple. He stated, “the key to victory was keeping our QB in situations that he couldn’t blow the game.” They did just that by finding enough ways to score and preserve a small lead long enough to come away with the hard fought victory. The team also expects to make another run toward the championship next year. PT1 Jack Thompson exclaimed, “I came to PT school simply so I could continue playing intramural flag football.” Without question, that attitude is already paying off on the field. However, we should all pray that Jack’s future patients never read this article.

Back to the actual game, both guys’ and girls’ wins did not come without loss as one player suffered a broken ankle, two suffered pulled hamstrings, and others came away with minor injuries. Rest assured those injuries should be healed by next Fall and Palpation Nation will make another run toward the championship. The question is will anyone be able to stop them?

For now, Palpation Nation Domination is in full effect. Congratulations to the PT1’s for their fantastic championship season.

This year’s National Student Conclave was in Minneapolis, Minnesota with the theme, “Your Path Starts Here.” Throughout the weekend, the programming presented numerous opportunities to discover the variety of post-graduate educational options and areas of clinical practice that are available to us. We also were given the chance to explore new prospects in technology and today’s job market. Being able to attend the conference allowed me and two of my fellow students, Maggie Lancaster and Clarence Holmes, the ability to network with current professionals and students from across the nation. Among the presenters was one of our favorite professors, Mark Weber, PT, PhD, SCS, ATC. He discussed the process of becoming a master clinician and the benefits of obtaining a specialty certification in physical therapy. Also, numerous workshops were available for financial planning, debt evaluation, resumes, and interviewing skills. Along with representing UMC, we were also able to celebrate the honor of receiving the top award of the APTA Reach 100 campaign, which promotes PT and PTA schools from across the nation to have 100% student membership. The weekend was a tremendous experience and I hope more students will be able to go in the future.
IQ is not the only facet of your mind you should be sharp-en ing. Although implausible, a course on delayed gratifi- cation should be a prerequisite for medical school. I don’t have to explain it, but I will anyway: all of us worked harder than we had to in high school, some even going to boarding schools. In college, we took pre-med classes while most friends are at home watching Family Guy at 11 AM; and we are now struggling through 4 more years of medical school, followed by another half-decade of minimum wage overworked training. Up to 10 years after college, the serpentine path to becoming a physician contains countless hurdles and hoops. It reminds me of standing between two mirrors and seeing my reflection regress infinitely. It also reminds me of one of my favorite psychological experiments.

In 1972, Walter Mischel set up an experiment at a nursery school at Stanford University with four-year-old children whereby he led them into a blank room furnished with only a table and chair, and one marshmallow on a plate. He sat the toddler down and then made them an offer: he had to “run an errand” for fifteen minutes. If they could wait on him to return, that is, if the marshmallow was still there when he got back, they could have two marshallows. If the marshmallow was gone when he returned, they could only enjoy the one marshmallow.

Only a small minority ate the marshmallow right away. The large majority chose to wait. However, only a minor- ity of the majority (about a third) who waited could actu- ally wait the entire fifteen-minute duration to be rewarded a second treat.

Initially, the researchers chalked the results up to will- power, concluding that the kids who could wait simply had more willpower than others. But that actually wasn’t the case at all. Dr. Mischel repeated the experiment on hundreds of subjects and noticed that those who could wait, the “high delayers”, all used the same strategy; they distracted their attention away from the marshmallow.

The results get interesting when looking at those kids several years later. Mischel’s own daughters were a couple of the subjects in the origi- nal experiment, and through casual conversation with the other subject’s parents over the ensuing years, he discovered a correlation with the performances of these kids in no- tions more concrete than the vague quality of willpower. The kids who couldn’t wait at age four now, in their upper teens, had more behavioral problems at school and at home, had trouble maintaining friendships, and as you would guess, more trouble paying attention in class, thus hav- ing lower test scores. In fact, even their standardized test scores were significantly lower: the kids who could wait fifteen minutes for another marshmallow, a seemingly simple task, now were averaging SAT scores 210 points higher than the impatient children. (These same individuals were actually followed up last year, almost forty years later, by the same researchers. Brain imaging of the subjects (performing a different test but with similar scope) showed that adults who could wait as kids ex- pressed more activity in the prefrontal cortex, the region associated with higher functions such as future plan- ning, good and bad, consequences of actions, suppression of socially unacceptable actions like swearing at your in-laws, etc. Activity in the ven- tral striatum, an area associated with addiction and obsessive-compulsive disorder, was even more markedly different in the two groups).

This phenomenon has implications in all facets of life, such as addiction, anger, concentration, and intel- ligence. I am mentioning this study here because I (would like to) be- lieve that people who are training to become physicians would not have eaten the marshmallow. Today, we need to exercise the control of our own spotlight of attention. We are already being taught how to delay gratifica- tion in our near decade of training, quite the long-term control of our attention at work. But focused attention is also helpful in many short-term aspects of the medical field, such as communication, learning, patience with patients, and contemplation of treatment plans, to name a few.

Raw, discrete, logical intelligence is not enough today, not anymore. We are living in the age of information. To quote Nobel laureate Herbert Simon, “A wealth of information creates a poverty of attention.” The ability to filter out irrelevant stimuli and focus on the relevant is valuable and most definitely a quality I want to refine. Our bounded brains can only juggle so much, we can only spin so many plates at once.

(A final thought: I’ll be having a daughter in a few months, and when she hits age four you can bet I’ll be trying this with her and trying to convince her not to eat that marshmallow.)
What is the difference between a physical therapist and an occupational therapist? If you know you are ahead of many of us. At our first Inter-professionalism (IP) Committee meeting this question randomly came up and the room fell deathly silent! As a PhD student in Neuroscience I had never really considered why such a thing might matter. In fact, during an internship at an inpatient mental health facility, I considered all rehabilitative therapy to be clustered as OT/PT. I wonder now if that was because these two very different sides of rehabilitation therapy were a mystery even to the veterans in the field of Neuroscience and Psychiatry who trained me.

As a person who studies the brain, the difference between OT and PT is a very relevant bit of information. This is because an occupational therapist helps in the rehabilitation of fine motor tasks, while a physical therapist rehabilitates gross motor function. This is the difference between a sports injury and a stroke! How embarrassing would it be if you called in a team of physical therapists to help your stroke patient hold a toothbrush or chew his food? Ouch! Two very different areas of healthcare can truly have a great deal in common, and we overlook this to our detriment on a regular basis.

Fortunately, the IP committee has come together to increase activity between schools. In doing so, we hope to create beneficial connections between the schools for, both, professional collaboration and fun activities which benefit our community, but most of all we hope to increase the understanding of our schoolmates’ day-to-day, not only for the sake of plain Old compassion, but to give the graduates of UMMC a very broad view of health care – from the beginning of life through the process of death, and from basic science laboratories to private practice, with a goal for collaborative health care and research.

Some of the activities that we have planned at this point include: Campus-wide morbidity and mortality meetings (M&M’s), a campus-wide health fair, initiatives to educate local high school and college students about opportunities at UMMC, and a Habitat for Humanity house. To get involved in any of these activities, please contact your school’s IP Committee Representatives! Two reps have already been elected from each school, but with all of the spring projects that we have in the works, it will still be great to see new faces at meetings!

We are looking forward to a great spring, and hope to highlight the achievements of each school through the coming months. This month the School of Pharmacy has definitely made us proud! Not only have they reached out to Jackson Area students about careers in pharmacy, they have also given a great research day, spanning new findings in everything from psychiatry to cancer and even infectious disease. Finally, the School of Pharmacy is offering pre-made note card packets with pertinent information about pretty much any drug that could be encountered during rotations or a pesky pharmacology course. To learn more about how to purchase these note-cards, please contact one of our School of Pharmacy reps or join us at our next meeting. Keep up the good work, School of Pharmacy!

2. What would the Barbie Doll’s measurements be if she were life-size?

3. What did All Nippon Airways do in an effort to prevent its planes from sucking birds into their engines?

4. Before the introduction of the hair dryer in 1920, what common household appliance was promoted for its hair-drying ability?

5. How much hay was eaten daily by Jumbo, showman P.T. Barnum’s famous 6-1/2 ton elephant?

The word “upset” came into use for a surprise outcome when a horse named Upset became the first to ever beat the legendary Man O’ War.

Habitual singing causes the lungs to release leptin, a protein manufactured by the body’s fat cells that is involved in the regulation of appetite. This may partially explain why opera stars tend to lean toward the heavy end of the scale.

During a 1992 state dinner, President George H. W. Bush, ill with the flu, lost his lunch in the lap of the Japanese prime minister. Oddly enough, Bush’s faux pas coined a slang Japanese word, bushusuru, which translates as “to do the Bush thing,” meaning “to vomit.”

The North Pole is not considered a continent like the South Pole because the ice of the North Pole floats on the ocean, while the ice of the South Pole sits on actual ground – the continent of Antarctica.

It’s not widely publicized, but Mr. Clean has a first name: “Veritably.”

(Solutions on pg. 22)
The dental hygiene classes of 2012 and 2013 are selling toothbrushes and white strips as a fundraiser for their board review! The prices are great and much cheaper than you would find elsewhere! If interested in purchasing, please contact Elizabeth Carr at ecarr@umc.edu or any dental hygiene student.

Every year the dental hygiene students participate in a community service project called Girl Scouts Day. This year, the dental hygiene classes of 2012 and 2013 held it on October 8th, 2011. We educated a group of girl scouts on the importance of oral hygiene. We taught them how to brush their teeth and also how to wash their hands properly. It was a great experience for all involved.

Here is the link to our pictures: https://picasaweb.google.com/lizabellcarr/GirlScoutsDay2011?authuser=0&authkey=0v1tRgCP3yXMW9pKdJg&feat=directlink

The dental hygiene classes of 2012 and 2013 also did a fundraiser to benefit the Jackson Oncology Group and the Mississippi Children’s Cancer Clinic. We got a design approved to recognize Breast Cancer Awareness month and National Dental Hygiene month which both take place in October. We sold 350 plus shirts and we were able to donate $2812.00. Our reason for wanting to do this fundraiser was for one of our instructors who never let daily trials, much less battling breast cancer get the best of her. This is the first time that we have gone out and raised money for another organization and we hope to continue to serve the community every year from here on out.
Clare and I chose Table 100 as this month’s restaurant because of its reputation and intrigue. We decided to try it out for lunch, and we were so glad we did!

Upon arriving, the parking lot was packed, but that didn’t hinder us from being promptly seated. The staff were extremely personable and attentive and made the experience all that more enjoyable. Each table is manned by two members of the wait staff, who were just attentive enough that we never felt ignored or constantly interrupted. We were introduced to Mr. Paul Ruiter, the manager, as well as owner, Mr. Bill Latham. Both these gentlemen thanked us for coming in and were eager to offer their suggestions and favorites from the menu. Mr. Ruiter boasted about the drink menu, in both its extensiveness and domesticity. In addition to the exhaustible beer and wine menu, there is also a unique list of cocktails, from the pre-prohibition era to the tropical to the sweet; a few favorite Babalu cocktails even make an appearance. We enjoyed a Whiskey Smash, a lemon and mint Makers Mark concoction, and a Pepe O’Mally, a gin lemonade topped with cucumber and mint. They were both divine. Paired with this was the Crab Cake 100. It was one of the best crab cakes either of us had ever eaten. It was all crab meat with very little “filler” and set atop a pepper and sweet corn relish. It not only paired well with our cocktails, but was delicious as a stand alone starter to the meal.

The setting, service, and drinks set us up with high expectations for their food, which was met without limitation. They have an impressive lunch menu, complete with a daily southern lunch option. Clare chose this and enjoyed a generous helping of homemade meatloaf with mashed potatoes and fresh green beans. She decided if they can do the simple lunch items well, then they could be trusted with the more intricate dishes, too. She wasn’t disappointed, and it was scrumptious on my fork as well! I had the fresh catch of the day, which was a redfish over spaghetti squash and hashed potatoes topped with a cranberry pecan mixture. It was the perfect blend of sweet and salty deliciousness. I enjoyed it so much that I doubt I’d ever deviate from it again.

We asked...they answered

When did you guys open? Six months ago

What makes you different from other restaurants in Jackson? We pride ourselves in our cocktails, which are made with fresh ingredients, the way they were originally intended. We are also proud of our wait staff. We are the only Jackson restaurant that provides two servers per table to make the overall experience a step above the rest.

What do you think you do best? We fly in fresh fish daily; we also use as many local ingredients as possible from local farmers’ markets.

What is the customer favorite item on the menu? The fresh fish dishes and the shrimp and grits.

What are your hours?

MON–SAT: 11:00 AM–10:00 PM
SUNDAY JAZZ BRUNCH: 10:30 AM–4:00 PM

Pros:
- Extensive drink menu
- Incredible service
- Nontraditional food pairings that live up each dish
- Can accommodate large parties
- Broad selection on the menu to satisfy varying palates
- Great lunch menu and Sunday brunch

Cons:
- Although it’s located in the metropolis of Flowood, it is a small drive from UMMC.
- We tried to think of another drawback, but couldn’t :)

We give it:

SUNDAY JAZZ BRUNCH: 10:30 AM–4:00 PM
MON–SAT DINNER: 4:00 PM–10:00 PM
MON–SAT LUNCH: 11:00 AM–4:00 PM
MON–SAT BRUNCH: 10:30 AM–4:00 PM
MON–SUN DINNER: 4:00 PM–10:00 PM

You may have noticed that things are getting a little hairy around campus. And by ‘things,’ I mean, of course, upper lips in the School of Medicine.

Mustache incidence peaks at this time of year because it is Movember. What? You’ve never heard of Movember? Well, let us take a moment to drop some knowledge.

Movember began in Australia in 2003 when a bunch of guys wanted to combine awesome mustaches with awareness of men’s health issues. They took the slang for mustache, Mo, and mashed it up with the month of November, and Movember was born. The idea was ingenious – grow a ‘stache for the month of November, spark interests, and raise some dough. From its humble beginnings, Movember is now a world-wide movement that raises money for the Prostate Cancer Foundation and for LIVESTRONG (the Lance Armstrong Foundation).

Last year the Movember madness hit the UMC campus, as the M1 and M2 classes engaged in some friendly fundraising competition for Movember. We raised over $3000 and grew some great mustaches. (Movember teams across America raised a total of $7.5 million!) This year, the trend is continuing.

Bake sales, tee shirts, and koozies, oh my! So many opportunities to donate. And so many goofy-looking med students. But let’s not lose sight of the reason for the season. Men’s health issues are important. Did you know that 1 in 2 men will be diagnosed with cancer in his lifetime? And prostate cancer is the most common cancer in men, affecting 1 in 8 men. Testicular cancer is the most common cancer in American men between 15 and 34. (That’s us!) Plus, men die earlier than women.

Health issues extend beyond the physical, too. Only one in eight men who suffer from mental illness will seek help, and four times as many men commit suicide as women. Men are less likely to go to the doctor, so we need to raise awareness of men’s health issues as much as we can.

And wearing a mustache gives us an opportunity to break the ice. So, when you see a guy with a mustache this month, he’s not a weirdo. He’s a weirdo with a cause.

For more information, go to http://us.movember.com/mospace/752410 for the M2s. You can even donate some money to help us change the face of men’s health.

More movember (an update)

By:

Drew Hayslett, M2 and
Will Fuller, M2

What is the customer favorite item on the menu?

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- We tried to think of another drawback, but couldn’t :)
Nursing students may have a busy fall semester between hitting the books and clinical rotations, but that didn’t stop them from participating in Metro Jackson’s American Heart Association Heart Walk this past October. On October 30, students from the junior and senior level nursing students completed the 1 and 3 mile walk in downtown Jackson. Patrick House, winner of The Biggest Loser 2010 and Mississippi native, was in attendance, and some students were lucky enough to nab him for a quick photo op. Several other UMMC representatives were in attendance to sell t-shirts, pass out stickers and Cheerios, and participate in the walk. The School of Nursing sold t-shirts designed with the Heart Walk theme “The Beat Goes On” to raise money for the American Heart Association. Overall, the nursing school raised almost $1200 to help make a stand against cardiovascular disease, the number one killer in America. It was a beautiful day in downtown Jackson, and the School of Nursing students were thankful for the opportunity to raise money and awareness of heart disease.

-Hannah Pittman, Senior Nursing Student

Community Service Elective Starts Relationship with Stewpot

The School of Medicine’s fourth year elective “Community Service” started a relationship with Stewpot this past month with hopes of providing servers for the long time Jackson organization several times a semester. Stewpot has been giving hot meals, shelter, and care to the needy of Jackson for over 30 years now. The organization’s most well-known service comes every day at noon, when they serve lunch to over 120 people in a safe and clean environment. To make this service possible, Stewpot relies on local organizations to sign up for days to help serve. The Community Service elective’s course director Dr. Philip Blount saw the opportunity and signed UMMC up for several volunteer slots in the future. About 10 school of medicine volunteers are needed every time, as the community service elective hopes to serve at least four times this school year. Each student will receive 2 hours of community service for his or her efforts. For more information about stewpot or the community service elective contact slove@umc.edu.

American Heart Association’s Heart Walk Made Possible by UMMC Volunteers

Every year the American Heart Association hosts their annual Heart Walk to raise awareness for heart disease and money to fund cardiovascular research in hopes of spurring healthy lifestyle changes within the Mississippi community. This year’s Heart Walk raised over $200,000 and saw over 3,000 people cross the finish line at the end of the day. UMMC plays a huge roll in the event as one of the title sponsors, but the ins-and-outs of the event would never get off the ground if it were not for UMMC volunteers. The large percentage of the over 80 volunteers at this year’s Heart Walk were affiliated with UMC, as students, faculty, and staff gave up their Sunday to help put on the enormous event. Every step of the event was managed by a group of volunteers, from helping with the set-up, to running the kid’s zone, to directing traffic and handing out water to the walkers/runners. Without the direction of the volunteer staff, several walkers would still be wandering the streets of downtown Jackson. It is truly a great testament to our institution that so many students and faculty associated with all departments and schools would willingly give of their time to make an event like this one come together. Thanks to everyone who helped!
One time, I went to Paris. It smelled bad everywhere we went, and I got the feeling that French people generally dislike American people, but other than that, it was lovely. My friends and I spent an afternoon in the Louvre—I could have stayed a month—and my favorite room was called the Cour Puget, it was huge, and light-filled, and alive with majestic white and gray sculptures. It always amazes me to see such expression and movement and feeling come from a slab of rock...it is one thing to cover up something plain like a canvas with paint; it is another thing altogether to completely transform an unremarkable object into a creation so beautiful. As I wandered in to peer into those cold, life-like faces, I was struck by a group of statues that overwhelmed a staircase between two levels.

It was a group of people, all wearing white coats; all holding working clocks in front of their faces. At first glance each person looked identical, but when I looked behind the clocks, I could see that the statues all had different ethnicities, genders, and features. I discovered that the group of statues was part of an exhibition called Counterpoint III, a project in which a group of renowned contemporary creators was commissioned to disperse modern works of art among the typical, centuries-old pieces found in the Louvre. This is the only part of the exhibition I saw, and it undoubtedly made its point. After hours of studying the ancient world through the creative work that came out of it, the contrast of this modern piece, created by Gloria Friedmann, was jarring. Art reflects the world it comes from, does it not? When I think of the art of today, I think of abstract shapes, bright colors, and twisted features—we have grown bored of the beautiful simplicity found in the faces of the Mona Lisa or Venus de Milo. Faces today are replaced by clocks; a person’s value is found not in their individuality, but in their potential to be useful to us. In the Louvre’s description of Friedmann’s work, the question is posed: “What importance can any given moment have compared to the lifetime of a human being?”

The relevance of this question to health care professionals is, I hope, quite clear.
Now I can... be a caregiver again

Beverly Coleman of Brandon awoke to a strange new reality in June, 2008.

After a collision with a dump truck bruised her brain and battered her body, the hospice nurse was the one needing constant care. “That was the hardest challenge,” she said. “I don’t like being a patient. I like helping people.”

It’s a calling shared by the staff of Methodist Rehab’s inpatient and outpatient brain injury programs. Their dedication helped Beverly reclaim the skills necessary to return to a job she loves.

“The emotional and spiritual support I received from the therapists kept me going and motivated to meet my goals,” she said. “They were amazing and encouraging. It’s more than a job to them. They gave every bit of what they had.”

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