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We had a great turnout at the unseasonably cold Crawfest! Those mudbugs went quickly! Also, I was extremely pleased to see people take advantage of the free Malco tickets to see 50/50. I hope my sobbing didn't bother anyone. I have one last event planned this year. Look out for ASB Night with the Mississippi Braves happening on May 10. Check your email to see when and where tickets can be picked up.

Jackson Events

High Note Jam Concert Series
5.3 at 5:30pm. MS Museum of Art. Enjoy music from Tawanna Shaunte of Eclertik Soul and refreshments in the Art Garden.

Fondren After 5
5.3 5:00pm. Fondren. Monthly event showcases the local shops, galleries, and restaurants in Fondren.

Late Night Shopping at the Craft Center
5.3 5:00pm. Mississippi Craft Center. Buy local, handcrafted Mother’s Day gifts and support MS artisans.

Arts Alive!
5.4 10:00am. Smith Park. Fine Arts and Crafts Festival that demonstrates the best of Mississippi's creative heritage and resources. artsalivejackson.com

Alison Krauss and Union Station
5.4 8:00pm. Thalia Mara Hall. The band performs to promote their album "Paper Airplane."

Put a Spring in Your Step for Sickle Cell
5.5 8:00am. University of Mississippi Medical Center – Student Union. Registration at 7am. 5k walk and one-mile fun run benefits the MS Sickle Cell Foundation.

Township Jazz Festival
5.5 12:00pm. Township at Colony Park. Performers include Latinismo, jazz bands from local high schools, and Southern Komfort Brass Band (and many more). Blankets and lawn chairs encouraged.

Babalooza: A Festival in Fondren
5.5 12:00pm. Duling Green. Festival includes food, children's activities, and music.

Dog Day Afternoons
5.6 12:00pm. MS Museum of Art. Bring your dog to the Art Garden for an afternoon of play. Shelter dogs available for adoption.

Ballroom Dance Lessons
5.6 at 5:00pm. Southern Cultural Heritage Center. James Frechette teaches the Waltz in the Academy Building.

Music in the City
5.8 5:15pm. Mississippi Museum of Art – Trustmark Grand Hall. In partnership with St. Andrew’s Cathedral, the museum brings a series of free concerts one Tuesday a month.

Canton Flea Market
5.10 at 8:00am. Historic Canton Square. Biannual shopping extravaganza includes goods from artists and crafters.

Pops III: Pepsi Pops
5.11 5:30pm. Old Trace Park. Annual event includes family-friendly activities, music from the Mississippi Symphony Orchestra, and a fireworks finale.

Natchez Trace Century Ride
5.12 7:30am. Old Trace park. Enjoy a scenic bike ride on the historic Trace. The race offers several distance options. natchezcenturycircle.raceonline.com

Wilco
5.12 7:00pm. Thalia Mara Hall. Indie rock band from Chicago. Southern Komfort Brass Band will give a free concert in the breezeway before the show.

Tuesday Night Concert Series
5.15 6:30pm. Flowood Library. Tuesday Night series features a variety of local performers. Performances are in the living room of the library. Seating is limited.

Symphony on the Square
5.21 6:00pm. Canton Historic Square. On the courthouse lawn. Local talent and the MS Symphony orchestra perform. Event also features the Thacker Mountain Radio Show. Lawn chairs and blankets encouraged.

Story Time on the Side Porch
5.23 3:30pm. Eudora Welty House. Each Wednesday children K-3 will hear a classic story, and then make a related craft.

Highland Village Concert Series

Screen on the Green
5.24 7:00pm. MS Museum of Art. Monthly outdoor film series in the Art Garden. This month, "Ferris Bueller's Day Off" will be showing.

My-Linh Ngo is an M4. She enjoys Farmers markets, arts and crafts fairs, and Abita Strawberry. Her greatest ambition is to have triceps by graduation.
For some students, Easter weekend involved a little more than the usual egg hunt and binge candy eating. The Dermatology Interest Group volunteered for the Leonard E. Warren Melanoma Foundation’s Ninth Annual Run From The Sun® 5K Run/Walk held in Downtown Jackson on April 7th. Spearheaded by DIG philanthropy chair, Taylor Burns, along with the rest of the DIG officers, this was UMMC’s first year to participate in the event. The race, which was held at 5:30 pm in an effort to avoid peak sun hours, consisted of a 5K run/walk and 1-mile fun run that began in front of The Clarion-Ledger Building on Congress Street. In addition, local physicians came out to lend support for the cause, offering free melanoma screenings before and after the race. The foundation, which was established in 2003 here in Jackson, was created in an effort to educate the public and raise awareness concerning skin cancer, especially malignant melanoma, the most deadly form of the disease. The foundation also contributes all profits to support research efforts in finding a cure for those diagnosed with melanoma. For more information on the foundation or how you can become involved, you can visit the website at http://www.runfromthesun.com.

Ashley Emerson, DIG Vice-President

From Halloween Carnivals to the PIG Roast, the Pediatric Interest Group of the School of Medicine has had a very eventful year. The group focuses both on providing medical students with an understanding of the field of pediatrics through monthly meetings with Batson attendings and residents and on engaging students in creative ways to serve Batson patients and families. This year, students of PIG helped with the Halloween carnival for the children of Batson, hosted a drive to provide snacks for the families of patients, ran a Christmas toy drive for the Batson kids, walked in the St. Patrick’s Day Parade to raise money for Batson, and participated in the Jammin’ for JFC lip sync fundraiser. The PIG Roast was the ending to a great year for PIG. At this on-campus lunch, PIG raised over $2500 through the selling of BBQ plate lunches, raffle tickets to door prizes from many local stores and restaurants, and bake sale items. A very big thanks to the 2011-12 PIG Officers and Representatives, Dr. Crout and the Pediatric Department, UMC Catering, and all those who donated, and an especially big thanks to Dr. Clark and Mrs. Virginia Covington, who were instrumental in all of PIG’s successes. Be looking for the great new things the officers of 2012-13 will have in store!

Joan Dickerson, Pediatric Interest Group-President
I was craving a burger the weekend I was going to work on this article, and I was torn between trying Five Guys in Dogwood Festival or grilling at home. Given the beautiful weather, that I'm on VA surgery, and that the friend boy makes a mean burger, of innumerable varieties, I couldn't resist some outdoor grilling. It had been a while since we'd made one of our favorite burgers, so we went with the Mexican/Fajita/Santa Fe/whatever you wanna call it-style burger. DELISH is all we need to know! Fajita-Style Burgers:

Ingredients:
-Burger patty:
-Fajita seasoning (~1 ½ Tbsp per 2 burgers)
-Worcestersauce and black pepper (to taste)
Mix above into the meat. Oh, and butter for basting while on the grill!

Toppings:
Whatever you want of course, but I recommend at least the following...
Avocado (sliced: a little tip on this later)
Tomatoes on the vine (sliced)
Red onion (sliced)
Cheddar or pepperjack cheese
Salsa, jalapenos, and/or pico de gallo (whatever your GI tract can handle; for me, the more the merrier)

This definitely was deserving of a close-up, don't you agree??

AVOCADOS
Picking the perfect avocado: It's all about the feel. And, trial and error but of (unfortunately) course. The perfect avocado should feel somewhere in between the most firm and the soft avocados. Hold it in your hands like you're about to eat an apple, and squeeze it between your thumb and middle finger. The skin should give just the slightest bit – something like an orange I suppose. I probably test at least 10 avocados every time, ha. Good thing the skin's not eaten, eh?

Slicing avocado: Cut the whole avocado in half, lengthwise around the seed. Now make vertical slices as seen above. Use a spoon to remove the ever so yummy avocado.

Removing the seed: (Carefully) Swing your knife down into the seed. As in the proper way to test reflexes per Dr. Corbett - use a heavier knife and gently swing your wrist completely back and let the knife fall down into the seed. It seriously makes a big difference! Now just turn the knife 90 degrees and the seed comes out easy as a pie with no mess.

GRILLING:
I've only cooked a burger entirely by myself on one occasion, but the taste tester, who is mightily critical of burgers and spent years mastering it, was very, very pleased. I had used a surprisingly simple recipe from Gourmet magazine that had some great advice that Mr. Jason Williams (the creator of the above and so many other delicious meals) also abides by religiously. NEVER over-mix/patty your burger meat! Very tenderly, gently, lovingly mix the ingredients into the meat and shape your patty. Give the thing room to breath (and soak in butter) on the grill and it won't be all tarry and chewy. Juicy and all falling apart at the bit is more like it. What I also liked from the magazine was that it called for a combination of light and heavy meat; again, barely mixed. (BTW - same goes for many a baked goods – don't overmix!)

The best of both worlds: onion rings and fries (baked not fried mind you, after much convincing and puppy-facing)

That's it for this article guys. Happy grilling and happy summer! And an early congratulations to all of the graduates! I can’t believe we’ll be there in a year. SOM Class of 2013! I’m hoping to get AJ’s, Cock of the Walk, Bulldog (try their black beans, pleasease!), Fusion, and I’m not sure what else yet, covered in articles to come. I can’t wait!
Oak trees do not produce acorns until they are fifty years of age or older.

The first product to have a bar code was Wrigley’s gum.

The king of hearts is the only king without a mustache.

A Boeing 747’s wingspan is longer than the Wright brother’s first flight.

American Airlines saved $40,000 in 1987 by eliminating 1 olive from each salad served in first class.

Venus is the only planet that rotates clockwise.

Apples, not caffeine, are more efficient at waking you up in the morning.

The plastic things on the end of shoelaces are called aglets.

The first owner of the Marlboro Company died of lung cancer.

Michael Jordan makes more money from Nike annually than all of the Nike factory workers in Malaysia combined.

Walt Disney was afraid of mice.
It was only her first week of occupational therapy school, but Stephanie Hood had good reason to drop out and head home to Guntown.

She had just gotten word that her father, Steve, a 28-year veteran of the Mississippi Highway Patrol, had died in a car crash during a high speed chase.

"We realized what a traumatic event it was for her," said Christy Morgan, Ph.D, chairman of the Occupational Therapy Department for the University of Mississippi School of Health Related Professions in Jackson. "We told her if she needed some time, she could defer her admission. But she said: 'No, ma'am. This is what my daddy would have wanted me to do.' Staying was her way of honoring her father.”

It was also a way for Hood to give back to a profession that had helped her father recover from a previous accident. In March of 2008, Steve Hood suffered a severe brain injury when a tree limb crashed on his head while he was clearing some land. "We were told he wouldn't use his right side. And he would probably never talk or be able to work," Hood said.

But once Steve Hood transferred to Methodist Rehabilitation Center in Jackson, the family began to hope—even though he was still barely aware of his surroundings. "It was really humbling and overwhelming what the Methodist Rehab staff could work with and the difference they could make," Hood said.

She remembers returning to Methodist Rehab after a weekend break to find her father transformed. "It was like a light switch had turned on. He knew who he was and what had happened. It was night and day.”

Methodist Rehab’s nationally recognized brain injury program provides patients access to a variety of groundbreaking therapies and equipment. But Hood was most fascinated by the tried and true methods of occupational therapy – a field she felt she had a calling for.

"I job-shadowed an OT my senior year of high school and fell in love," she said. "I like being able to help people accomplish the everyday things they struggle with. I would try to figure out what they were doing with my dad and how it was helping. It got me more interested.”

The experience also convinced Hood to make Methodist Rehab her top choice for her 12 weeks of Level Two field work. One of two hospitals in the state accepted into the prestigious Council of Teaching Hospitals, Methodist Rehab trains about a dozen occupational therapy students a year.

Hood finished her three-month tenure at Methodist Rehab in March, and she says her time there had been bittersweet. "There were constant reminders of how my dad was when he was here," she said. "He knew I got into therapy school, and he was so excited that I had gotten accepted. And he had looked forward to hearing my stories. I would think: Hey dad, I learned how to do this today, and you had to do this, too.”

Hood will graduate May 25, and it's a given her dad would have been proud of her achieveaments.

"She has been an exceptional student and showed amazing perseverance and dedication," Morgan said. "And she'll be able to relate to people in a way others might not be able to. You can read case studies and try to understand, but when you live through it with someone you love and cherish, you can relate to it at such a different level.”

"One of her greatest strengths is her ability to empathize with patients and their families,” agreed Candace Raybon, the occupational therapist who trained Hood during her tenure at Methodist Rehab. "You’ve got to love people and want to make them better. And she’s definitely cut out for this service.”

Hood said she hopes to find a position in a hospital rehab setting. But regardless of where she is employed, she wants to be like the therapists who helped her dad. "They were all so very caring – not just for him, but for the family, as well," she said. "I want to do for others what Methodist Rehab has done for my family. My dad would say: ‘God had those therapists take care of me. He knew it was a miracle recovery.’

For more information, go to methodistonline.org.
School of Dentistry: a message from the senior class president

Well everyone, we made it! Through all the ups and down, the good and bad, we made it! I must say this has been an interesting four years and I appreciate most moments of the experience (LOL). We have all become like family and now we venture away to pursue our individual goals. I know each and every one of you God’s best. Whether in residency, private practice, or public health; I pray you all prosperous careers. I know each and every one of you will leave your mark in the field of dentistry. I would like to give a special thanks to those who served as class officers and who held other leadership positions in representation of the class of 2012. Last but not least thank you for allowing me to serve as your class president for the past four years. I am honored to have had the opportunity to serve. I love you all... Love, Peace, and Denture Teeth!

Jerrick W. Rose
Class President
Class of 2012
UMMC School of Dentistry

Summer Reads

According to CNN.com, these books are worth picking up during a weekend on the coast or a night off at home.

1. Maine by J. Courtney Sullivan
   This 400-page drama delves into the lives of four women during a summer vacation in a Maine cottage.

2. Before I Go To Sleep by S.J. Watson
   A psychological thriller about a woman who wakes each day thinking she’s in her 20’s, while she is actually middle-aged with amnesia and a journal warning her not to trust her husband.

3. Once Upon a River by Bonnie Jo Campbell
   A novel about a 16-year-old girl who sets out on a journey through rural Michigan after the violent death of her father.

4. In the Garden of Beasts by Erik Larson
   Set in the early years of Hitler’s reign, this nonfiction book is said to capture the narrative usually reserved for novels.

5. State of Wonder by Ann Patchett
   A pharmaceutical research scientist embarks on a journey to locate a missing doctor in the Amazon jungle.

6. Turn of Mind by Alice LaPlante
   The narrator is a famous surgeon who is descending into Alzheimer’s - and she is accused of murder. Described as “the kind of story that keeps you guessing.”

7. The Sisters Brothers by Patrick DeWitt
   This humorous tale is set in the 1850s, and follows Charlie and Eli Sisters, brothers who travel from Oregon City to San Francisco as a pair of hired killers.

8. Those Guys Have All the Fun by James Andrew Miller and Tom Shales
   An inside look into the world of ESPN for those who want some dirt on the network.

9. The Year We Left Home by Jean Thompson
   Follow a Midwestern family over the course of three decades, tracking key historical events and the family’s ups and downs.

10. Tiny Sunbirds Far Away by Christie Watson
    This is set in a village in the Niger Delta, where 12-year-old Blessing finds herself living after being uprooted from her previous life.

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1. Terry Fox - Terry died on June 28, 1981, at the age of 22.
3. The Beatles - fourteen for the week of April 11, 1964.
4. Jaws, directed by Steven Spielberg.
5. Egypt.

Only one more Murmur for the school year! To submit something for the summer Murmur, send everything to mcstone@umc.edu by Sunday, June 3rd.

Meet the Editor:
Mary Catherine Stone is a D3. She enjoys becoming a D4, naps, and blueberry picking season. Her greatest ambition is to find new contributors for next year’s Murmur (hint, hint...)

Currently:
Reading: Blink by Malcolm Gladwell
Listening to: “Shake It Out” by Florence + The Machine
Watching: Downton Abbey, un-shamefully
Studying: Daniel 1
Attempting: intentional living
Pondering: “Our willingness to wait reveals the value we place on the object we’re waiting for.” (Charles Stanley)

It’s May! It’s May! I’m singing all sorts of songs in my head about the end of school, all to the tune of Christmas jingles. It’s that exciting. I am ignoring the fact that I’ll be back in, like, two weeks. The anticipation of a break is a very powerful thing, and the unfortunate lack of length in it will not kill my summery spirit. Here is what I’ve been up to lately to celebrate:

“I was a proud participant in the Run from the Sun. Ironically, I had a sunburn by the end of it. Skin Cancer-1, Mary Catherine-0.

“I went to quite possibly the most beautiful wedding ever... it happened to be that of our ASB president, Lyssa Taylor (M4), and her not-as-lovely-but-equally-accomplished-in-different-ways husband, Brandon Weatherly (M3). Congrats, you two!

“I saw this study boy turn two years old, with a circus birthday party that will make all the other kids (and maybe me) jealous. Happy Birthday, Levi Jones!

“Hare quality time with the siblings.

Well that’s it for me this month. There will be one more Murmur of the year sometime this summer, but don’t fret - I’ll be back next year with more incredibly exciting updates on my personal life. I may have to start making stuff up to keep things interesting. We’ll just have to see...
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Now I can... keep up with my kids

It was the scariest Halloween ever for registered nurse Hollie Harvey. While on a family hayride, Hollie fell under the wheels of a wagon and broke her back.

Surgeons predicted she would never walk again. But staff at Methodist Rehab said: “Let’s see what you can do.” And with their support and guidance, the Mendenhall mother of three gave it her all and got back on her feet.

“When they would tell me to do 10 reps, I would do 20,” she said. “I wanted to be able to kick a ball with Hooks, Anna Grace and Honey Beth. That was my motivation.”

Facebook.com/MethodistRehab