Mississippi... the Magnolia State. From the Gulf Coast Sound to the Delta Blues. The bright lights from the Friday night football game with the whole town gathered around. Shrimp poboy, gumbo, and crawfish boils. How's ya mama and them? Riding four wheelers during the day and dressing up at night. Brett Favre, Oprah Winfrey, Faith Hill, B.B. King, and Jimmy Buffett. Rocking on the front porch drinking sweet tea. A place where you never meet a stranger. Birthplace of Barq's Rootbeer. Little old ladies gossiping. To The Top, Hotty Toddy, and Go State! The Reservoir, the islands, the river. Home of the Cotton, Catfish, Sweet Potato, and Towboat Capital of the World. Summer days that seem to last forever. Beautiful antebellum homes. The smell of the salty air riding down the beach. Rows and rows of cotton fields driving along I-55. The feeling of knowing you are home sweet home. Mississippi... my home.

http://asb.umc.edu/murmur.html

--Tiffany Skrmetti PT 1
PRESIDENT'S COLUMN

The month of August is always met with a lot of mixed emotions. This is especially true here at UMMC. For students early in their programs, August signals the end of what might be their last official summer vacation. For our brand new students August is a time of excitement as a whole new adventure begins. For students at the end of their schooling, August is the beginning of a lot of "lasts"—last fall semester, last Christmas break, and for many the last year that they will ever sit in a classroom. Regardless of where you fall in these broad categories, I hope that this year is memorable for what you will experience, rather than what you will be leaving behind.

We are starting this year, as always, with a brand new set of ASB officers and many new faces on our ASB Council. Our youngest in the presidency this year is John Davis, an M3 who is serving as both ASB Secretary and President of the M3 class. Kristin Balius, our new journal editor (so new that I don’t have her married name), is a D4 and is serving as our ASB Treasurer. Newton Wiggins, our Vice President, is an M4 and the king of all things statistically (you'll know what I mean as the year goes on). Rounding out the team, I am also an M4 and have the privilege of serving as your ASB President this year.

The ASB Council is made up of representatives from the various schools on campus. Each of these representatives is elected within their respective schools with representation dictated by the ASB Constitution. In addition to the elected representatives there are also several appointed officers. These appointed officers have specific responsibilities such as organizing and running intramurals and philanthropic activities, maintaining the website, editing the Murmur, and keeping us politically active. We have not quite filled all of our appointed positions, and we are always open to ideas to create more opportunities for students who want to get involved. If you would like to work with us on the ASB Council please let me know, and we will get you involved!

In the next issue of the Murmur I hope to be able to introduce all of the members of the ASB Council to you. One appointed officer that needs no introduction is our distinguished editor of the Murmur, Nicholas Whipple—a literary rock star who so eloquently graced the pages of the Murmur last year with his production is our distinguished editor of the Murmur, Nicholas Whipple—a literary rock star who so eloquently graced the pages of the Murmur last year with his creativity. We have a lot of great activities planned for the year. We are starting the year off with our Back to School Party at Hal and Mal’s on Friday, August 21. Newton has had this planned for a while and it promises to be a great time for everyone. In addition to our Halloween Party, Claus Ball, Anatomy Ball, and other favorites we are in the very early stages of putting together Medapalooza, the first ever UMMC Battle of the Bands. We are hoping to involve bands made up of UMMC students, faculty, and hospital employees for this event planned for spring 2010. More information will be coming as we get this one further developed. If you have a band and want to participate, please let me know (I will let me know if we have enough interested bands, and also whether anyone actually gets through my whole column).

The ASB is dedicated to help create memories that will make us all smile when the year gets a little too intense. If there is anything that we can do to help make your year great, please let us know. We are excited to have all of you with us!

Jon, M4

ASB's Activity Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>August 21</td>
<td>Back to School Party at Hal and Mal’s (Dueling Pianos)</td>
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<tr>
<td>September</td>
<td>Battle of the Bands - Impressions Day</td>
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<tr>
<td>November</td>
<td>Claus Ball at the Mississippi Museum of Art</td>
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<tr>
<td>December</td>
<td>MS Symphony Orchestra - Bravissimo featuring Strauss’s Flying Dutchman Overture and a guest mezzo-soprano</td>
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<td>ASB Day at the Mississippi State Fair</td>
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<td>November</td>
<td>New Stage: Tennessee William’s “Cat on a Hot Tin Roof”</td>
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<tr>
<td>November</td>
<td>ASB Family Day at the Jackson Zoo</td>
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<tr>
<td>December</td>
<td>College Bowl Pickem</td>
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<tr>
<td>December</td>
<td>Clauss Ball at the Mississippi Museum of Art</td>
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<tr>
<td>November</td>
<td>Ballet Magnificat’s performance of “A Christmas Dream”</td>
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Student National Dental Association

The University of Mississippi Medical Center’s Student National Dental Association is making strides and becoming nationally known as an organization. In 2008, they won the small chapter of the year award at the national convention. For the past two years, two members of the Mississippi chapter, Dr. Demarcio Reed and Kim Moody (D4), have jointly held the position of national vice-president. Some of their recent activities include Impressions Day, Toast to Success, volunteering with Habitat for Humanity, and volunteering at the Ronald McDonald House. The pictures are from the chapter’s graduation party for the 2009 graduating class and include seniors Shenika Wiggins, Nadia Proctor and Veronica Elbashah.

—Lamonica Davis, D3
**Rural Medicine in MISSISSIPPI: A Rotation, A Career**

**Nora Oliver, M4**

Being from the Mississippi Gulf Coast, I once found it difficult to wrap my mind around the rurality of our state. It wasn’t until doing a pre-med program as a senior in high school that I made trips speeding past endless fields of cotton and soy to places like Belzoni, West Point, and Tupelo. After filling up on crispy fried catfish, we spent afternoons shadowing physicians and touring hospitals—ones like the 25-bed hospital in Humphreys County.

Years later, I got an up-close and personal look at rural healthcare during my M3 rotation in Kosciusko. Working with my family medicine preceptor in his clinic and the 78-bed hospital next-door showed me a bit of everything—from preventive med, diabetes, and stroke to kids with rashes, colds, and ear-aches. There was never a dull moment; we even delivered a baby boy one night. Amongst the pies and homemade treats patients would personally give my preceptor, they’d also pay him uncountable praises for taking care of them in good health and in bad.

Why is rural medicine such an important aspect of care in our state? It is the front line for the majority of care in our state, and it’s still struggling. Just at a glance, there are 46 counties without OB/Gyn services and 34 counties without a pediatrician. In 2004 about 74% of pregnancies were considered high-risk, and most of those were located in 8 of the Delta counties. And let us not forget MS ranks #1 for teenage pregnancy in the US.

In our state, cardiovascular disease is the #1 killer, followed by cancer. General practitioners are in desperate need. They continuously exceed average patient loads in 63 counties due to the lack of physicians to share the load. Isasqueena Co. does not host a single physician, which adds to the geographic disparity of our state’s rural areas. The problem is plain but not so simple for patients—it’s difficult to prevent an expensive emergency room visit when there are no local docs and local clinics to field the demand. What also may be too tough is recruiting good docs and keeping them in these areas.

How is our state working to fill the need of physicians? The M3 family medicine rotation is one. There are two other programs available for students wishing to get exposure to the Delta: the Delta Health Scholars (DHS) and the MS Rural Physician Scholarship Program (MRPSP).

The DHS, a progeny of the Delta Health Alliance, has only been available recently for M4 students, but it gives students a chance to work with Internal Medicine docs in several Delta areas such as Vicksburg, Belzoni, and Cleveland MS. Not only do the students get elective credit, but they will also receive reimbursement for transportation and accommodations. UMC’s Internal Med Dept also just got funding from the Robert M. Hearin Support Foundation for IM electives on the Gulf Coast. After Hurricane Katrina, this region is certainly in need of doctors.

The MRPSP is geared mainly toward cultivating the next generation of rural physicians. For MRPSP Executive Director Janie Guice, going to an underserved area is not only a career choice but a lifestyle choice too. She has found that the greatest success of MRPSP is in training physicians who will not only work in an underserved area, but lay down roots in the community and raise their families there too. The contract exchanges a $30,000/yr stipend for med school tuition and living expenses in return for practicing outpatient medicine in one of the 66 underserved MS counties. You can attend any residency program, but it must be in Family Med, Internal Med, Peds, Med/Peds, or Ob/Gyn. While recruitment is mainly geared toward undergraduates from underserved areas, there are currently 3 spots available for current medical students to join the other 17 med students committed to the program.

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When Worlds Align: Urban Med Students meet Rural Medicine

Take a look at what a couple of students had to say about their experiences in rural Mississippi.

**NERMA BASIC, PGY1**

Career: Anesthesia

Rotation: DHS – Internal Medicine, Greenwood, MS

**Why did you do the rotation?** As soon as I heard about the program, I wanted to sign up! This was a chance too good to pass up – As someone interested in providing primary care for underserved populations, I’ll get first-hand experience working with the people of the Delta and seeing the challenges primary care physicians face. I’m going into this rotation with an open mind and a willing spirit. I hope to learn from my preceptor and patients and become better informed about healthcare in the Delta.

**What do you think the Delta needs to improve access to health care?** The Delta needs to improve access to health care. As the patients need to know when to get medical attention in a timely manner and how to take part in their own health care.

---

**KATREECE ELLIS, M4**

Career: Family Medicine

Rotation: DHS – Internal Medicine, Cleveland, MS

**Why did you do the rotation?** I knew I was going into anesthesia, so, it was sort-of a last chance to experience primary care in an office setting. Plus, they give you a good deal or responsibility, and it’s a good transition between the M4 and intern year. I loved that my preceptor treated the entire family and knew every detail about every patient without ever having to open a chart. It’s also those little old ladies that bring all sorts of cakes and fresh picked tomatoes to the good of doctor, every day.

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For more information about the programs please contact me at noliver@som.umsmed.edu.

For DHS – contact Becky Yates at byates@umsmed.edu.

For MRPSP – contact Janie Guice at jguice@acadaff.umsmed.edu.
PIG, it’s the Other Interest Group... Emily Faulks, M3

Another school year has begun…M4s are slaying away (some are still vacationing, no fair), M3s are knee deep in OMG WHAT THE HECK IS GOING ON AAAAAAAAAA, M2s are getting ready to hit the books again, and all the new M1s are thinking WHAT INTEREST GROUP MEETINGS AM I GOING TO ATTEND? That’s part of the fun of M1 year…where to go for all the fun meetings and most importantly, all the free food. And let me tell you, the Pediatric Interest Group is where it’s at!

Not only did we have the best food last year (by unofficial polling of course, no dreaded black boxes here, and ALWAYS homemade desserts), but we really try to get everyone involved in various fun and somewhat educational activities. You want to play with the kids over at Batson? We’ll have visits planned around the holidays where we go and give the kids little tinilefts and stickers. You want to hear fun talks about various topics within pediatrics? Come hang out with us once a month at lunchtime. You like herding large quantities of elementary school kids? We do height and weight check for various events. You want to get plugged into pediatrics research during your summer? We’ll have a meeting for you to learn all about it. You like parties? PIG will have an awesome PIG Roast Fundraiser shindig at the end of the year.

And speaking of PIG Roasts, we outgoing officers want to thank all the volunteers who helped us, our wonderful Pediatrics Department for their support, all the hungry people that bought an ooey gooey cookie or a super delicious brownie at our PIG Bake Sale, and everyone that came to our PIG Roast at Old Venice Pizza Co…with all of your help we were able to donate $1000 to the Blair E. Batson Hospital for Children! We hope to be able to continue this tradition from year to year, and we couldn’t have done it without all of you. Thanks!

We’re looking forward to a new year, and we hope that all of you will consider being a part of PIG. Be on the lookout for flyers and emails for the first PIG meeting. If you should need any info, please contact Jenna Jones Dear, our new PIG president. We wish all of you good luck in the upcoming year!

We wish all of you good luck in the upcoming year!

Jenny Young (D3) and Patrice Jones (D3)

What has been your favorite experience since starting at UMC?

Morgan McLeod, M2

My favorite memory from UMMC is our coat burning party we had last year to celebrate the end of gross anatomy. After we finished the gross anatomy board, we had a bonfire to burn our disgusting lab coats and lab guides. It was a great time to celebrate making it through our first semester of medical school and a great way to relax and hang out with people with whom we have become so close.

Jolie Breaux, SON, year 1

My favorite experience was successfully completing a head-to-toe assessment. As a nursing student, this accomplishment was not only rewarding, but also it made me realize how much my hard work and determination really paid off!

Chuck Crenshaw, OT 2

My favorite experience since starting school at UMC was definitely getting married my first summer in school. Although, it was pretty rough having to drive back from the wedding and start studying for my finals starting that Monday.

Carly Blevens, PGY 1 Pharmacy Resident

During my extensive orientation for the pharmacy residency, I got the opportunity to round with the NSICU team. While rounding I was able to make recommendations and serve as a drug resource for the team. I felt helpful and needed. It made me glad to be doing a residency to further my career in pharmacy and allow me to find a job where I can make recommendations.

Austin Harrison, M3

My favorite experience since starting school has been interacting with patients as an M3. It has made all the hard work and dedication really pay off. Having worked with fellow medical students and residents at UMC has been the best experience I could imagine. I also had so much fun at the Back to School Party when I was an M4. Our entire class was there, and it was nice to see everyone outside of the classroom!

David Minto, D3

My favorite experience since starting school has been treating patients in Clarksdale for Community Health Week. We were able to provide care for a large number of people, improving their quality of life in just a short period of time. Along with the obvious benefit to the patients, we as students were able to gain experience and feel a sense of accomplishment by helping those in need.
In early June 2009, Mississippi Pharmacists Association (MPHA) hosted its 138th Annual Summer Convention in Destin, Florida. Each year, pharmacists from various practice areas all around the state of Mississippi come together for a few days of fellowship, educational seminars, good food, and fun in the sun. Roughly twenty pharmacy students entering their last year of school were invited to attend. Each student desiring to go is subsequently sponsored by 1 or 2 members of MPHA, which allows for the student to attend the meeting free-of-charge. It demonstrates first-hand the active role that pharmacists take in furthering the professional development of the next-generation of pharmacists.

Upon arriving in Destin, students and other MPHA members settled into their rooms and made their way down to a beach-side deck for the opening reception, allowing them to catch up with old friends and meet new ones. Students were given the opportunity to discuss pharmacy and many other topics in a rather laidback atmosphere with senior members of the profession, as well as new practitioners. Many faculty members from the Jackson and Oxford School of Pharmacy campuses were in attendance to catch up on each student’s progress through their professional year, as well as to further the strong bond that the School has with the members of the pharmacy community. After many handshakes and Hellos, students retired to their rooms for the night to gear up for the coming days.

Every day was filled with continuing education seminars put on by Mississippi pharmacists from many diverse practice settings. Several of the pharmacy staff and faculty from the Jackson campus—including Dr. Deborah Minor, Dr. Todd Dear, Dr. Randy Pittman, and the newly hooded Dr. Carly Blevins—donated their time to further the education of our state pharmacists. Students were able to attend these seminars, while other students helped to organize any needed paperwork so that attendees were well-prepared for each seminar and received adequate credit. Seminar topics ranged from Herpes Zoster to anticoagulation and Alzheimer’s Disease and provided a well-rounded learning experience for pharmacists and students alike.

Keeping with tradition, MPHA held the Ron “Ace” Borne/Neal Wyatt Golf Scramble at gorgeous Raven Golf Club for all attending persons who wished to get in a few holes of golf while in Destin. Students worked to help the tournament run smoothly and to provide camaraderie and extra helping hands. The day could not have been more beautiful as the players tackled tough Par 3’s and long Par 5’s looking for the win. One team emerged victoriously and was recognized at the final dinner of the convention; however, the true prize may have been a years worth of bragging rights.

On the last night of the convention, a grand dinner was held to close out the meeting and to swear in the coming year’s officers. Clarence DuBose, an anchor within the pharmacy community and stout proponent for the advancement of pharmacist’s practice rights, was formally recognized for his time and devotion to the profession. Students were also recognized at this dinner for their attendance and help with the seminars and golf tournament.

Overall, this was a great trip for both students and pharmacists as it provided all persons with a brief break from the norm and quality time with friends and family. I was one of the students in attendance and thoroughly enjoyed the time with both my future colleagues and fellow students. I think I speak for all of the students who were in attendance when I say that this trip was a unique experience that helped further our professional careers, and we are truly indebted to the members of MPHA and all of the sponsors for making it possible.

We are proud to welcome
John Pearson as President of the BankPlus Private Client Group.

As the new president of the Private Client Group at BankPlus, John Pearson brings 28 years of experience in commercial and retail lending, as well as bank management.

John is a graduate of the University of Mississippi, and has a lifelong commitment to the people of this state. He has served on many civic boards, including the Mississippi Diabetes Foundation and Central Mississippi Boys and Girls Clubs.

BankPlus is proud to celebrate 100 years of service to Mississippi.

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Hello and welcome. This is the first in a series of articles that I hope will bring to light some cheap sources of entertainment in Jackson and the surrounding areas. Each month will include some ideas for releasing a little steam after a long workday or test week. For this month’s edition I’ve focused on biking.

While Mississippi may not be world-renowned for mountain biking, there are some areas throughout the state that offer great terrain. One such place is the Ridgeland Trails Area situated a short drive off I-55 in the woods west of Madison. To get there; take Exit 108, head west on 463 out of town until you can take a left onto North Livingston Road. From there, look for Giles Lane on your right, just past a small pond. Follow the road around a sharp right turn and look for the gravel road on your right. The trail leads to the parking area and a bike rack with some basic tools, air pump, and membership info.

The trails are well-maintained and offer plenty of options—from rollercoaster single-track and quad-burning uphill climbs, to splinter-tightening log bridges and stunted ramps. Trails are marked green-blue-black in order of increasing difficulty, and maps are available at the parking slots. Whether you’re looking for a quick one-hour ride or have an entire day to play, you won’t be disappointed. The Tri-County Mountain Biking Association is to thank for the impeccable upkeep and offers a great student membership rate ($15/yr). Check out http://www.tricountyntmb.org for additional info and maps. There is also a members’ group page at http://sports.groups.yahoo.com/group/TCMBA.

Occasionally, the TCMBA guys will host maintenance days with food, drinks, and the like if you feel like lending a hand. Check out http://www.tricountyntmb.org for additional info and maps. There is also a members’ group page at http://sports.groups.yahoo.com/group/TCMBA.

Now for the roadies out there... I know you’ve all put down some mileage on the Natchez Trace... but do you sometimes find the serenity of the Trace being ruined by the presence of hurried commuters? Had your fill of horn-blowing, expletive-yelling, fist-shaking motorists aiming for you with their truck mirrors? (True story). Perhaps you’ve made the loop so many times that you’ve memorized the Historical Marker signs and would just like some change of scenery. Well, my new favorite road biking path allows you twice the lanes and half the traffic.

The new frontage road that parallels I-55 north of Madison is a great stretch of fresh asphalt, with four lanes and a grassy median for much of the ride. To get there; take exit 108, heading east on 463. Take a left at the first light onto Galleria Parkway, and follow the road north. You could park at any point and begin your ride; but for minimal traffic, park just after the third roundabout, once you’ve passed the Chase office building on the right and the road becomes four-lane divided highway. From this point, the path passes through wide open fields for about 3 miles before becoming Weisenberg Road (though the fire hydrants along the way hint at impending suburbia).

The above loop is about 30 miles and could obviously be customized depending on your pace and allotted playtime. Pig Shak BBQ on Weisenberg Rd is a nice pit stop on the way back if you run out of water (or need some grub).

So whether you’re into single track or asphalt, whether you’re on a Santa Cruz or a Schwinn: there’s a ride waiting for you. That’s it for this month... Have fun out there and remember to protect your melon.

Take a right onto Gluckstadt Road, then a left onto Old Jackson Road. Around mile 5, Jackson Rd breaks left and you will be on Nlssan Parkway South. At about mile 8 you will run into a T junction; a right will take you to Hwy 51, while a left will take you over I-55 on Nissan Parkway, which is 2 miles of divided highway ending at Hwy 22. A right onto Hwy 22 will take you through 2 miles of bucolic scenery before bringing you back into Canton. At this point, continue on through Canton to Hwy 51, making a loop all the way back to Nissan Parkway South before returning to your vehicle via your original path. The two lane sections of highways 22 and 51 are a bit hairier traffic-wise but are easily avoided.

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Abundant vegetables are one of the joys of a Mississippi summer. From the farmers’ market to your dinner table, the tomatoes we used were perfect. Located on High Street behind the Coliseum, the Mississippi Farmer’s Market is full of good, southern people who bring the best vegetables you can imagine straight out of their gardens. In particular, it doesn’t get any better than Smith County tomatoes. For any extra decoration to your dinner table, pick up a bouquet of zinnias arranged in a beer can by the Dolly Lama himself. You’ll have to go check out the market yourself to find out what other veggies they have some of the freshest seafood you can find. Have fun preparing the fish, and mix up the recipe to suit your liking. Now, on to the tomatoes…

The sauce certainly adds flare to this entree, but our home-grown fish are exceptional. If you claim to not like catfish, as some of my friends do…adamantly, topping it off with extra crabmeat can sell the dish to anyone. Straight from the waters of the Mississippi gulf, Mr. Dugan’s seafood at Deville Plaza has some of the freshest seafood you can find. Take our advice, and have some delicious fish for dinner today. Plenty of other seafood is readily available, but this is one of the best. Have fun preparing the fish, and mix up the recipe to suit your taste for some of the best food in the world. And we sure know how to cook it.

A state-themed meal couldn’t be complete without Mississippi Mud Pie. If you’re in a hurry or if baking is just not your specialty, brownies from a box mix make a perfect stand-in for the bottom layer. This cake is certainly an indulgence and certainly worth it.

I hope you can appreciate what our great state has to offer, specifically in terms of cuisine. And happy cooking…

**Pan-Fried Catfish with Crabmeat and Cream Sauce**

**Fish:**
- 2 lbs. catfish fillets
- Salt
- Lemon Pepper
- 2 tbsp. Extra Virgin Olive Oil
- Garlic powder
- ¼ cup cooking sherry
- 4 tbsp. butter

**Sauce:**
- 4 oz. butter (1 stick)
- 1 cup chopped green onions
- ½ cup chopped fresh parsley leaves, plus more for garnish
- 1 ½ -oz can cream of celery soup
- 1 ½ -oz can cream of chicken soup
- 3 oz. cheddar cheese, cubed
- 1 tsp. liquid crab boil
- Salt and pepper to taste

**DIRECTIONS:**

**Fish:**
In a saucepan over medium heat, melt the butter with a drizzle of the olive oil. Once melted, add the fish to the saucepan. Add salt, pepper, and garlic powder (as much as you like) to the fish. Cook 4-5 minutes on each side. Add seasonings to other side of fish once turned.

**Sauce:**
In a saucepan over medium heat, melt butter and add chopped green onions and parsley. Sauté for 3-4 minutes. Add the soups, cheese, and liquid crab boil and continue to cook for 10 minutes. Add crabmeat and cook for an additional 5 minutes. Season, to taste, with salt and pepper.

Prepare a bed of sauce on a serving platter and place fish on sauce. Partially cover fillets with sauce. Use remaining parsley for garnish.

**Mississippi Mud Cake** (Paula Deen’s recipe)

**Cake:**
- 2 cups sugar
- ½ tsp. salt
- 2 cups all-purpose flour
- 8 tbsp. (1 stick) butter
- 1 cup vegetable oil
- 1 cup cocoa
- ½ cup water
- 2 eggs
- 1 tsp. baking soda
- ½ cup buttermilk
- 2 tbsp. vanilla extract
- 1 bag miniature marshmallows

**Icing:**
- 1 stick unsalted butter, softened
- 3 tablespoons cocoa
- 6 tablespoons milk
- 1 pound confectioners’ sugar
- 1 cup chopped pecans or walnuts
- 1 teaspoon vanilla extract

**DIRECTIONS:**

**Cake:**
Preheat oven to 350 degrees. Grease and flour a 13 x 9” baking pan. Combine the sugar, salt, and flour in a large mixing bowl. Bring the butter, oil, cocoa, and ¼ cup water to a boil in a saucepan. Add to the flour mixture. In another bowl, beat together the eggs, baking soda, buttermilk, and vanilla. Add the chocolate mixture, and beat for 2 minutes. Pour into pan. Bake 25 minutes.

**Icing:**
Make the icing while the cake is baking. While melting the butter add the cocoa and milk over low heat. Bring the mixture to a boil, stirring regularly. Remove from heat, and stir in sugar. Mix in the nuts and vanilla. Add marshmallows to cake after cooling for ten minutes. Pour the warm icing over the cake and marshmallows. Allow several hours for cooling before serving.

**Stuffed Tomatoes (This recipe is a variation of Emeril Lagasse’s)**

**Tomatoes:**
- 8 medium-size ripe tomatoes
- 3 tbsp. lightly toasted pine nuts
- 2 tbsp. chopped basil
- 1 cup Cous Cous, prepared according to package directions
- 2 tbsp. chopped parsley
- 2 cups chicken stock
- ½ cup chopped olive oil
- 1 small shallot, finely diced
- 1 tsp. lemon zest
- 1/4 teaspoon fresh ground white pepper
- 1/4 cup grated Parmesan cheese

**Preheat oven to 500 degrees F.** Slice off about 1/2 inch of the stem end of the tomatoes and hollow out the inside. (An ice-cream scoop works great.) Slice just a small section off of the bottom of the tomatoes, so that they will sit flat on a baking sheet. Sprinkle 1/8 teaspoon of salt in the hollow portion of each tomato. Place hollow side down on a baking sheet. Set aside.

During the last 3 minutes of preparing the cous cous, add the chicken stock and and shallot. Pour the cous cous into a bowl and add the goat cheese, olive oil, pine nuts, basil, parsley, dried, lemon zest and white pepper. Drain any liquid that has been released from the tomatoes; dry the sheet pan. Turn tomatoes so the hollow side faces up and roast the tomatoes in the oven for 5 to 7 minutes. Remove the tomatoes from the oven and let cool slightly. Turn the oven down to 350 degrees F.

Evenly divide the filling among the tomatoes. Sprinkle with the Parmesan, and bake in the oven until heated through, about 5 minutes. Serve immediately.

**Icing:**

1/4 cup grated Parmesan cheese
1/4 teaspoon fresh ground white pepper
1 tsp. lemon zest
2 tsp. chopped fresh chives
2 tbsp. chopped parsley
2 tbsp. chopped basil
3 tbsp. lightly toasted pine nuts
2 tbsp. chopped basil
1 cup Cous Cous, prepared according to package directions
2 tbsp. chopped parsley
2 cups chicken stock
1/2 cup olive oil
1 small shallot, finely diced
1 tsp. lemon zest
1/4 teaspoon fresh ground white pepper
1/4 cup grated Parmesan cheese

**DIRECTIONS:**

**Tomatoes:**
In a saucepan over medium heat, melt butter with a drizzle of the olive oil. Once melted, add the fish to the saucepan. Add seasonings to other side of fish once turned.

**Sauce:**
In a saucepan over medium heat, add the soups, cheese, and liquid crab boil and continue to cook for 10 minutes. Add crabmeat and cook for an additional 5 minutes. Season, to taste, with salt and pepper.

Prepare a bed of sauce on a serving platter and place fish on sauce. Partially cover fillets with sauce. Use remaining parsley for garnish.
Discovering the Hidden Restaurants of Mississippi...

Priya Srivastava, Ms

I am excited about writing a column in the MURMUR this year about undiscovered restaurants in Mississippi. If you need a break from Jackson restaurants or your local surroundings, and feel like taking a mini-road trip and eating some great southern delta food, then take a trip to the Bourbon Mall.

The Bourbon Mall is situated in the middle of corn fields in the small town of Leland, MS. People drive long distances to this popular restaurant located in an unknown town to experience delta soul food and to dine in a place a little different from all the rest. The food at the Bourbon Mall is what attracts people initially, but the entertainment and atmosphere keep people coming back for more. The menu consists of southern appetizers, such as fried hot tamales, fried dirt pickles and fried Vidalia onions served with ranch dipping sauce. The “Chef Specialties” consist mainly of soulful dishes such as the Catfish Latte, Stuffed Catfish, or Fried Stuffed Catfish. The Smokehouse Grill Specialties include Hickory Smoked Ribs, Surf and Turf, and 24 oz. steaks marinaded in special bourbon mall seasonings. They also have seafood pasta dishes and a variety of toppings such as crabmeat sauce and crawfish sauce to accompany the entrees.

Besides having great food, the Bourbon Mall also has local bands every weekend. The restaurant consists of 2 bar areas where bands can perform, allowing local patrons to hear some southern soul music while dining on some of the best food the delta has to offer. The service at Bourbon Mall was surprisingly quick. I got my food in 15 minutes. I ordered the stuffed mushrooms and the Catfish Latte, which came with a huge baked potato and steamed vegetables. This was my second time at the Bourbon Mall, and I plan to make a trip out there again in the near future. The food is great, but the service is even better. All of the wait staff is extremely friendly and are very welcoming to visitors from all over. Thanks Laura, Ashton, Celeste, and Brandy (Bourbon Mall Staff) for answering all my questions!

- What are the hours of operation of Bourbon Mall?
  A. Bourbon Mall is opened Thursday-Saturday, from 6:00 p.m. until the latest customer leaves. Bourbon Mall has a “resort status” meaning that there is no set time the restaurant must shut down.

- How far is Bourbon Mall from Jackson?
  A. It’s around a 2 hour drive.

- Do you guys get a lot of out-of-state visitors or non-local visitors?
  A. Lots of people come to our restaurant from Vicksburg, Yazoo City, Belzoni, and Jackson. We also get a lot of people from Tennessee, Arkansas, and Louisiana. This week, we had even had 2 customers from South Africa. They came more than once!

- What bands/artists have performed at the Bourbon Mall?
  A. The Crackenjacks came out for our 10-year anniversary. Also, the Wayne Mills Band, Back 40, Mudcreek Bottom, and Willie Mills have all come out this way.

- What is the price range for the average meal at Bourbon Mall?
  A. Our “starters” run between $6-$7, our “Chef Specialties” run between $11-$12, and our “Smokehouse Grill Specialties” run between $15-$30. Each entree comes with a lot of food though, so be prepared to take lots of leftovers home!

- How long has Bourbon Mall been open?
  A. We just celebrated out 10-year anniversary in March.

- What is the attire?
  A. Whatever you feel comfortable in! Some of our customers come here in flip-flops and shorts after a long day of fishing. Others who are traveling in big parties get all dressed up. We have no official dress code.

- Do you guys host graduation parties or wedding parties?
  A. Most definitely! We have a lot of space here, so we can accommodate big parties. Lots of people book us for wedding receptions and reunions.

- Does Bourbon Mall have a transportation service?
  A. Yes, our restaurant has a limo service that can take customers wherever they need to go. Many big parties utilize our limo service so that they can socialize during the drive here and back home without having to worry about getting lost or keeping up with directions.

- What is the secret to your famous fried tamales?
  A. We have 2 Latin women in our kitchen who make the tamales fresh every night. I wish I could share the recipe with you, but I don’t even know it myself. They are one of my favorite items on the menu though!

- Has Bourbon Mall been featured in any magazines?
  A. Yes, we have been featured in Southern Living.

- What is your favorite part about working at the Bourbon Mall?
  A. Having the opportunity to meet with people from all over and helping them have a night filled with good food, good music, and good people.

10 Mississippi Artists

Amanda Vick, Ms
Sam Love, Ms

- SANDERS BOHLKE. This mellow Mississippian will ease your weary souls with his folksy, emotional tunes. Sanders songs have recently been featured on primetime television, including Grey’s Anatomy and Army Wives. Downloads we recommend: “The Weight of Us” and “Some Kind of Woman”.

- ALVA LEIGH. Be on the lookout for a new album by this young and fresh crooner from the coast. Her music has a definite feel-good flavor sporting a tinge of Feist-ish flair. Check out her music at www.myspace.com/alvalleigh.

- T-MODEL FORD. 88 years old and still touring, this Delta native is true blues through-and-through. Raw, rhythmic, and rebellious, his songs electrify. Downloads we recommend: “To the Left to the Right” and “Rock Me Baby.”

- CLAIRE HOLLEY. Perfect poetic purity comes alive on the newest CD by this southern belle from rural Mississippi. Downloads we recommend: “Dondelion” and “Under the Moon.”

- CAROLINE HERRING. Sheerly simplistic, this Mississippi native returns to her roots with traditional tunes. Many of her lyrics and intimate themes draw on the influence of Mississippi’s dense history. Downloads we recommend: “Paper Gown” and “States of Grace.”

- DENT MAY & HIS MAGNIFICENT UKULELE. Need a return to summer during this fall semester? Jacksonian Dent May delivers a good feeling vibe of summer shine that will have you rolling down the windows and cruising Lakeland even in the coldest of times. Downloads we recommend: “Meet Me in the Garden” and “Oh Paris!”

- TRENT DABB. Located in Nashville, but never far from his Mississippi foundation, singer-songwriter Trent Dabb’s will transport you to the depths of memory with his traditional tunes. Many of his songs have recently been featured on primetime television, including Grey’s Anatomy and Army Wives. Downloads we recommend: “January Lights” and “Fireworks in Virginia.”

- DEAD GAZE. Lo-fi garage rock is taking the scene by storm and no one is doing it better than Wesson’s Dead Gaze. Recorded in his father’s band hall, our buddy R.C. Furlow delivers a very authentic sound on Dead Gaze’s debut E.P The Pride of Calling Panther Lake. Downloads we recommend: “A Simple Man” and “You’ll Carry on Real Nice.”

- BASS DRUM OF DEATH. Loaded with a bass drum, tambourine, and guitar, Oxford native John Barrett creates quite the one-man band. Reminiscent of early White Stripes, this stripped down rock is raw and catchy. Downloads we recommend: “STAIN STICK-SKIN” and “P Ghost.”

- COLOUR REVOLT. Although currently in a remodelling phase, Colour Revolt is still one of Mississippi’s best. Their album “Plunder, Beg, and Curse” was listed in PASTE magazine’s top 50 albums of 2008 and is still being toured. Rumors of a breakup have been squashed and fans can be excited about new material coming this fall. Downloads we recommend: “Naked and Red” and “Mattress Underwater.”

RID THE TROLLEY TO LUNCH

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Football season is right around the corner, and fans from all over the country have been sipping the various Kool-Aids of their respective alma maters for the past nine months. Some people are optimistic; others are pessimistic. Very few are realistic. Hearing the offseason analysis of the upcoming season got me thinking. Football programs are not too unlike the patients we see in the hospital every day. Each patient has a different diagnosis and prognosis. During the preseason, sportswriters spend countless hours analyzing the personnel, coaching staff, and schedule in order to determine the strengths and weaknesses of a particular program (similar to a diagnosis). They then use this information to make a prediction for the upcoming season (similar to a prognosis). I consulted with fellow M4, Trey Clark, and together we have analyzed each team in the SEC West. Our observations have been keen and our research tedious, but alas, we have made a prediction for the upcoming season (similar to a prognosis). They then use this information to make a diagnosis. They then use this information to make a prognosis for the upcoming season. We are not medical professionals, so our analysis might not be entirely accurate. However, we have done our best to provide an accurate assessment of each team.

**Alabama** - Huntington's Disease

**What is it?** A genetic disorder resulting in late-onset degeneration of the central nervous system, manifested by dementia and choreiform movements.

**Why Alabama?** Things could not have gone any better for the Crimson Tide last season as they charged into the SEC championship game with an impressive 12-0 record. Tuscaloosa believed the next coming of Bear Bryant was here, but their dreams were crushed by the unstoppable Florida Gators. This downward spiral continued with an embarrassing loss to Utah in the Sugar Bowl. Can the Tide bounce back in 2009 or will they continue to dance like St. Vitus?

**Arkansas** - Migratory thrombophlebitis

**What is it?** A condition in which multiple thromboses appear in different veins over a short period of time. It may be a sign of an underlying pancreatic cancer, which carries a grim prognosis.

**Why Arkansas?** With a coach who is notorious for changing locations more often than gypsies, it is only a matter of time before Bobby Petrino leaves Fayetteville to stop the bleeding somewhere else. The only thing Razorback fans will be calling up in 2009 will be Houston Nutt...Big Sis?

**Auburn** - Ectopic pregnancy

**What is it?** An emergent complication of pregnancy in which the fertilized ovum implants anywhere outside of the uterus. Promiscuity and a history of STD's are significant risk factors.

**Why Auburn?** It seems as if years of coaching infidelity finally have the Auburn football program in a state of emergency. First they stole Tommy Tuberville from Ole Miss. Then it was flying up to Louisville for a midnight interview with Bobby Petrino, and now it is this. Make way for Gene Chizik and his tradition of excellence, fresh off a winless Big XII campaign at Iowa State. The cries of "War Eagle" will quickly give way to sighs of frustration as the 2009 football season unfolds down on the Plains.

**LSU** – Fragile X syndrome

**What is it?** A genetic syndrome carried on the X chromosome which results in a variety of problems, including learning disabilities and macroorchidism.

**Why LSU?** After winning a national championship in 2007, Les Miles and company stumbled to an 8-5 mark last year, which has some critics calling for a change in Baton Rouge. During LSU’s championship run two years ago, most people were questioning some of Miles’ play calls; however, no one could question what Tamper stage of development this man was in. Clinching the diagnosis for this program is the absolute inability of LSU fans to spell the word "go" without an X. All in all, the jury is still out on Les Miles despite a national title, and a poor effort in 2009 could be his last down in corn dog country.

**Mississippi State** – Congenital adrenal hyperplasia

**What is it?** An autosomal recessive disease in which a deficiency of a certain enzyme leads to an excess production of androgens, thereby causing virilization. Female infants are born with ambiguous external genitalia, but male infants have no genital abnormalities and may experience precocious puberty.

**Why Mississippi State?** Things in Starkville right now are vastly different from a year ago. The hiring of Dan Mullen has many Bulldog fans optimistic about the program’s future; however, the current lack of talent and depth combined with a difficult schedule are formidable hurdles for the incoming coaching staff. Add to the mix an offseason DUI by the team’s star running back (thank you, Anthony Dixon), and there is no telling what kind of team may “crown” in September. Will it be a normal appearing male infant that develops more quickly than his peers? Or will it be something else that will require a genetics consult and a rather tactful discussion with the family?

**Ole Miss** – Clean bill of health

**What is it?** An overall healthy individual with appropriate blood pressure, cholesterol, and physical exam. Although normal, these patients still remain vulnerable to trauma and unexpected illness.

**Why Ole Miss?** The Rebels have a lot going for them this season: a good quarterback, a deep backfield, and an easy schedule (if such a thing exists in the SEC). After a strong finish last year with a Cotton Bowl victory, Coach Nutt and the Rebs are looking to claim their spot alongside the top teams in the country. Losing Michael Oher and Peria Jerry to the NFL draft will definitely be a hard ship to overcome, and it will not be easy facing conference foes like Alabama and LSU. Overall this team should be happy with their good report, but Rebel fans need to take things one game at a time - after all, we are talking about Ole Miss.
Literati Medicus is a book club for third and fourth year medical students that began last year as a way for students to reflect on and discuss various topics related to the practice of medicine.

The first book read was *Blink: the Power of Thinking without Thinking* by Malcolm Gladwell which considers how we make instantaneous judgments on a daily basis...and how those same judgments are made about us. The *Last Lecture* by Randy Pausch was next and shares the life lesson of a man dying from terminal cancer. *Nazi Doctors: Medical Killing and the Psychology of Genocide* by Robert Jay Lifton is an in-depth account of the medical profession's participation in the Holocaust. In *House of God: the Classic Novel of Life and Death in an American Hospital*, Samuel Shem provides a fictitious tale of the ups and downs of a resident during his intern year. The most recent novel we read was *Mom's Marijuana: Life, Love, and Beating the Odds* by Dan Shapiro.

We were fortunate enough to have Dr. Shapiro join us for a discussion of his book while he was here at UMC for the M1 White Coat Ceremony. *Mom's Marijuana* chronicles Dr. Shapiro's battle with Hodgkin's lymphoma. Dr. Shapiro shared some of his thoughts on various parts of the novel and told us about his life since writing it. As a psychologist who helps physicians, he was able to provide us with insight on why doctors occasionally have a difficult time dealing with tragedy.

*Literati Medicus* usually meets about every 4-6 weeks in the student union for dinner and discussion. Our faculty sponsors are Dr. Sharon Douglas and Dr. Jerry Clark, both of whom have been exceedingly helpful in getting this group started. Dr. Helen Turner has been kind enough to provide dinner for our meetings as well. If you are a third or fourth year medical student interested in joining us, then please email Maribeth Porter at mporter2@som.umsmed.edu.

“Hey Thanks. Big Woman with yellow eyes and thick hands who pushed my wheelchair and hummed ‘Danny Boy.” —Dan S.

Editor’s Note

I feel fortunate to have such great friends and gifted writers take part in the 2009-10 MURMUR. I was pleasantly surprised when each eagerly accepted the invitation to patrol a monthly column. My role is surely less like an editor and more like a cut-and-paste artist, thanks to their contributions. As you can see, they have created very unique and exciting columns and brought new energy to an already great and growing publication. Our Thanks to Dr. Jerry Clark and UMMC for supporting our publication and providing us resources.

I hope the readers experience welcomed breaks in the day, laughs and finger-pointing. Perhaps you will try fresh recipes and take day-trips to small-town Mississippi to partake in country cuisine. Maybe there are some local artists you have yet to hear or outdoor woods-and-rivers entertainment awaiting your arrival. Grab a copy of the MURMUR and learn what our students have been doing around campus or where they have traveled to represent UMMC.

The MURMUR staff dedicates this edition to MISSISSIPPI, our home.

All Best,

Nicholas Whipple, M4
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