The Murmur
Volume 46, Issue 3
October 2015
The UMMC Office of Alumni Affairs is accepting student ticket requests for Ole Miss season tickets, Ole Miss home games, and MSU home games. Ticket cost and quantity vary by game. Still have questions? Please contact the Office of Alumni Affairs at alumni@umc.edu or 601.984.1115.

Community Bank presents Custom Client Banking

A special selection of personalized services to grow and manage your assets.

Russell Turley
1665 Lakeland Drive, Jackson
(601) 321-1530
Russell.Turley@communitybank.net

Jessica M. Lane
140 East Metro, Flowood
(601) 398-6019
jessica.lane@communitybank.net

The UMMC Office of Alumni Affairs is accepting student ticket requests for Ole Miss season tickets, Ole Miss home games, and MSU home games. Ticket cost and quantity vary by game. Still have questions? Please contact the Office of Alumni Affairs at alumni@umc.edu or 601.984.1115.

Community Bank presents Custom Client Banking

A special selection of personalized services to grow and manage your assets.

Russell Turley
1665 Lakeland Drive, Jackson
(601) 321-1530
Russell.Turley@communitybank.net

Jessica M. Lane
140 East Metro, Flowood
(601) 398-6019
jessica.lane@communitybank.net
From Our President

Happy October Everyone!

The weather is cooling off and fall holidays are quickly approaching! Although there are plenty of fun activities headed our way, there is also bound to be increasing stress as we near midterms, pressing deadlines, etc. I wanted to provide a friendly reminder about LifeSynch, a Student and Employee Assistance Program available to all students and employees at UMMC. The services are available 24 hours a day and 7 days a week at NO COST to you. Please remember this valuable resource is available to you for whatever reason you might need it. Although many of us are training to take care of others, it is important not to forget to take care of one’s self. Personal well being is of the utmost important and should never be underestimated. So if you’re stressed and overwhelmed. Stop, take a breather, and remember: we’re all in this together!

“The part can never be well unless the whole is well.” - Plato

Best,
Sarah Ali
ASB President
Lover of all things Fall

Vice President’s Notes

Staying Active in Jackson

Jeff Peeples
ASB Vice President

In my last article, I laid out the plan for my next few Murmur articles. I discussed first and second tier priorities and the importance of having hobbies as we navigate graduate level education. In this article, I want to focus on activities throughout the Jackson area that can help one clear their mind, pursue interests, and just have fun doing something outside of school.

Jackson has a ton of ways to stay active indoors and out. Gym memberships are easy to come by, especially now that the Courthouse is owned by UMMC and students get a discounted rate. Many gyms, like the Courthouse or the Club, offer yoga and spin classes, which provide opportunities for one to stay in shape and get involved with a fun activity. Jackson and its surrounding areas also have great places to go run, walk, or bike. I strongly suggest going for a jog at Overlook Point (Reservoir Overlook) in the morning. It is an absolutely beautiful area that overlooks the reservoir off of the Natchez Trace. Another hidden gem is the mountain bike trail in Ridgeland. These trails are off the beaten path but are great for those looking to get in the woods and bike, walk, or run (directions can be found online; just google search Ridgeland mountain bike trails). Jackson also provides opportunities like competitive USTA tennis leagues nearly year round. One can tap into other sports, like indoor soccer, through the YMCA or UMMC intramurals.

Now for more leisurely activities. Jackson has a lot of great places to fish, and licenses are cheap. The spillway is a great if you are looking to catch some small catfish or freshwater eel (Picture of eel included). It is starting to cool down, but when the weather is nice, one can rent a pontoon boat for cheap and head out on the reservoir with a group of friends to chill or fish. One of the most under-utilized activities in Jackson is bowling. There are tons of mid-week deals at Fannin Lanes, and bowling is simply the best. Pearl also offers a place for putt putt; plus the name, Mac and Bones, is great.

These last few activities somewhat cross the line between social gatherings and activities. I have yet to do this, but Fondren has a place where you can get Salsa lessons. The class instructors are always super posted up at Fondren’s First Thursday, and it looks wild. Another random thing to do is get involved with a book club. We read so much crap for school, and we forget that reading for pleasure can help us become more well-rounded and interesting individuals. The medical school has a book club predominately for medical students, but starting a book club in one’s own class or school is a great idea. Jackson has a large Community Supported Agriculture (CSA) population. Going to Farmer’s Markets is a great way to spend a Saturday morning. There is something special about picking out fresh produce and getting to know the person who planted, grew, and picked your food. I also know that several CSA farmers are looking for students to help farm during busier harvest months in exchange for delicious vegetables. If any of the activities I mentioned sound like something with which you want to get involved but do not know how, contact me, and I will connect you with the proper people (speeples@umc.edu). I hope everyone is having a great semester as we take the midway turn towards home for the fall semester. Stay Active. Stay Involved. Love your community.

Cheers,
Jeff Peeples
The summer intramural season ended with the Bicepticons (PT2) winning the Co-Ed Dodgeball Championship. They defeated the Dodge Squad (PT1) by a score of 22-13. The Bicepticons were the #2 seed entering the tournament and had previously lost to the #1 seeded Dodge Squad in the regular season. The Bicepticons built an early lead that was trimmed to 16-13 by the Dodge Squad, before the Bicepticons pulled away in the final game. The Bicepticons are captained by Zack Weber, and Dodge Squad was captained by Garrett Wallace.

The Jackson Free Clinic is proud to announce the 2015-2016 JFC Board of Directors!

Returning to the Board are M4 students Lance Majors, Bill Gilbert, Bryan Estill, Carrie Shumaker, Mina Tahai, and this year’s Student Director Daniel Hester. Janeanna Shell, Blythe Bynum, Alex Dent, Edmond Wright, Dustin Reed, and Steven Carter are the returning M3 members.

New to the JFC Board of Directors are M2 students Hadley Pearson, Jessica Arnold, Lauren Deaver and Ann Marie Mercier. Mary Frances Dukes, Daniel Krebs, and Ben Carroll are the M3 additions.

Patrick Reed, a PY4 student, is representing the School of Pharmacy. Natalie Berg and Katelyn Alford are the PT/OT members, and Bryant Salmon and Laura Katherine Henderson are the School of Dentistry representatives.

We look forward to working with all the student volunteers this year! The JFC is open every Saturday 11-4 and is solely run by UMMC students and faculty supervisors. For more information about the clinic, please visit our website.
The Oath

...At the intersection of faith and medicine

There are several theories about who first authored the Hippocratic Oath. Some medical historians see no reason to doubt that it was the self-taught, self-proclaimed founder of medicine, Hippocrates, himself or a group of his followers. Others are persuaded, rather, that the Oath was written almost one hundred years after Hippocrates’ death by a small group of Pythagorean physicians in the late fourth century BC. Like many ancient documents, however, uncovering who wrote it is less important than understanding why it was written, and what’s interesting about the oath’s origins is that, at the time, as hard as it is to believe, it was the minority opinion. Physicians of the ancient world would frequently furnish poison for patients they could not heal, and many were accused of malevolent一行, operating beyond their training, and breaking the confidences given them when they entered the private homes of those under their care. So when that small cohort of physicians took their oath together, it was because they were dissatisfied with how physicians around them were living. The oath wasn’t just for ceremonial show. They were actually seeking to remake the practice of medicine.

They had no help from Greek law, which at that time had no statutes concerning physicians. And they were working against all the prevailing philosophies of the age – Stoicism, Platonism, Aristotelianism, and Epicureanism – each of which would have objected to some tenet of their oath. Yet despite the challenges of its detractors, the oath gained traction. While the modern version of the oath approved by the American Medical Association has undergone several significant changes from the original, taking an oath is a mainstay of modern medicine, and that small, determined group of outsider physicians forever altered the self-perception of anyone who takes up a healthcare profession.

To have a true pluralistic society where everyone’s voice is heard would be a wonderful thing. Unfortunately, however, the American pluralistic society has insisted in the last half century or so that the only moral arguments that can be made publicly are those that claim no distinct moral point of view (i.e. no specific religion, worldview, or philosophy). All moral arguments in our public sphere must now be made so-called “objectively,” apart from any faith traditions or other moral starting point. Leave your religions and philosophies at home if you’re going to come talk about morals in public, we hear. This insistence on “objective moral reasoning” and abandoning moral starting points in the public sphere is utterly impossible because it has, of course, a distinct moral starting point of its own, namely that it demands the disavowal of moral starting points in the public sphere. But most importantly – your supervisor. Stay sober when you’re on call, don’t offend your patients, check your email regularly, steer clear of any social media tabs or HIPAA violations, manage conflict appropriately, and you, the exemplar of professionalism, are assured swift promotion and a long and successful career (which is the oft-overlooked, subversively creeping end goal of professional moral theory that all of us supposedly assent to).

Christians (and all people of faith) in America find themselves in a similar position. We live in a pluralistic society, which requests that every religion, philosophy, and worldview relinquish the right to be the dominant cultural narrative. In other words, so that everyone’s voice may be heard, Christians in America participate in the public forum as only one of an innumerable diversity of worldviews. This, of course, is not necessarily a bad thing, for several reasons. For one, Christianity has never found its strength in numbers, but has sought rather to find strength in Christ. Second, Christians (our history often to the contrary) were never meant to be intellectual and moral bullies who force others to conform to our beliefs and ethics. Rather, at our best, Christians should assume the posture of listeners, as the apostle Paul did when he visited the city of Athens, approaching non-Christians with humility, curiosity, and grace derived from security in the truth about the risen Christ as well as a trust in God’s timing for everyone we encounter.

You can find attempts at “objective moral reasoning” at UMC. If you haven’t noticed yet, the dominant moral language around the University is the language of professionalism. It’s the mode we use to talk about what is right and wrong in the workplace, only we don’t as often use the words “right” and “wrong.” We use the words “professional” and “unprofessional” to describe good and not-so-good actions so that we don’t appear to appeal to any particular moral or religious starting point. We use the language of professionalism because in the public sphere of a public institution, we’re not supposed to appeal to moral languages that aren’t traditionally associated with religions or philosophies. So we use the language of professionalism because we want to talk about right and wrong in the workplace using a language that includes everyone. We can’t draw on Christian theology or Aristotelian ethics or Buddhist thought or any other worldview system like them, but “professional” seems like something we can all understand regardless of our religious or philosophical backgrounds.

Our first year of school, my whole class even received in the mail a little book called Professionalism Is for Everyone. Ostensibly, this little book introduced us to all the habits and virtues we needed to make us fit for the working world. Sure, there are other virtues in the workplace – kindness, patience, and integrity come to mind first – but these are all fit within the professionalism framework. It is professional to dress appropriately, to be a good customer, to respect your co-workers and – most importantly – your supervisor. Stay sober when you’re on call, don’t offend your patients, check your email regularly, steer clear of any social media tabs or HIPAA violations, manage conflict appropriately, and you, the exemplar of professionalism, are assured swift promotion and a long and successful career (which is the oft-overlooked, subversively creeping end goal of professional moral theory that all of us supposedly assent to).

Now, it’s not that professionalism is a bad thing. It’s just that it’s limited. It’s not anyone’s fault that we use this language. We just haven’t yet agreed on any deeper meanings for the practice of medicine. But professionalism, sadly, is like the “Cha Cha” of moral theories – everyone kind of hates it, but it’s so widely known that we’d feel silly not to play it at every wedding, and everyone feels compelled to participate until you’ve crisscrossed and everybody-clapped-your-hands to the point of mind-numbing, eye-gouging boredom. We have to play it because it’s the only one we all know, which ultimately makes it incredibly unsatisfying to all of us. You want to celebrate a wedding, you want to dance it up good. Similarly, you want a moral theory that’s much more robust than plain old professionalism. Professionalism can tell you how to get along with your co-workers and how to treat others with respect, but it stops there. Professionalism won’t tell you why you’re in medicine to begin with, and it certainly doesn’t help you think through how to live your life when you’re off the clock and your white coat is on the hanger but people still think of you as “doctor.” It can tell you a handful of things not to say in a patient’s room, but it can’t tell you what it means that your patients in your care, your patients who are your friends and who have “personhood.” Professionalism can tell you what to do to be successful, but it won’t tell you who you are.

We Christian folk want more than professionalism for ourselves and for all of medicine. For right now, it’s the only one that is publicly acceptable. But many, many people are disillusioned with that of marginalized doctors in ancient Greece, we can begin conversations about what really matters to us in the practice of medicine. There are people at UMC who signed up for medicine so they could have a good job and a comfortable life. Christians, however, have found that “comfort” of that sort is really nowhere to be found in the New Testament writings where we begin our search for meaning. There are people who became doctors because they thought it would make them well respected (that one’s my own trap), but as it turns out, Jesus never promises us fame for following him. On the contrary, he promises us notoriety. Sure, we are here to learn how “to help people,” but what for? We want deeper reasons for doing what we do. Reasons like resurrection and the kingdom of God and inasmuch as you have done it unto the least of these, you have done it unto me. Perhaps we seek scripture together and begin to have conversations together about what it means to be professional as Christians who believe in “the healing of that nations” (Rev. 21), one of these days we’ll even come up with an oath that we take together to guide our practice in virtue and accountability. And who knows, if we’re patient and humble and hopeful and true, maybe one day that oath will be uttered by every medical graduate the world over to the glory of God. Who will you begin writing your oath with today?

The Lord be with you.
School of Pharmacy (SOP) Updates

Left: Phi Lambda Sigma: The Pharmacy Leadership Society recently served dinner at the Ronald McDonald House! This is a regular event for our school, and we are thankful for the patients and families that we serve!

Right: Dr. Shirley Hogan, Clinical Associate Professor of Pharmacy Practice, recently celebrated her retirement. Thanks to Dr. Hogan for her many years of service to the UMSOP Department of Pharmacy Practice! We will miss you!

Left: The UM School of Pharmacy loved participating in the Interprofessional Education Kickoff Luncheon last month! We were proud of our first place booth finish, and we enjoyed talking with students from different disciplines on campus!

Right: Our students had a great time at the Central Mississippi Walk to End Alzheimer’s on September 19. It was great to support and raise awareness for such a good cause!

- The UMSOP recently celebrated its birthday! The School of Pharmacy had its first classes on September 24, 1908, making it 107 years old! Happy birthday, UMSOP!
- World Pharmacists Day was on September 25! We are glad that our profession spans worldwide and are excited of the efforts and advances over the years. This year’s theme was: “Pharmacist: Your Partner in Health.” We are thankful for the partnerships that we have with other health professions as well as our patients and others.
- Be sure to follow us on social media!
  - University of Mississippi School of Pharmacy: @olemisspharmacy
  - UMSOP Student Body (Twitter): @UMSOP_SB
  - Blog: The Dose (from pharmacy.olemiss.edu)
National Backpack Awareness Day with Occupational Therapy

The OT1 class celebrated National Backpack Awareness Day by promoting healthier ways to utilize backpacks. 6th Grade students at Jackson Prep were taught how much their backpacks should weigh and how to pack them most efficiently. Keely Fortenberry is pictured demonstrating the proper way to wear and adjust a backpack to the middle school students.

Who Will Pay If You Can’t Work?

As a medical professional, you have planned, sacrificed and worked hard to get where you are today. Do you have a dependable, long-term source of income that could sustain you in the event of a serious illness or injury? If you’re like most people, the answer is no. At Ohio National, we have an answer. Our disability income insurance products may be right for you.

Call today for details.

Horizon Financial Services, LLC
P.O. Box 2807
Ridgeland, MS 39158
601-414-0721
Licensed in Mississippi

Product, product features and rider availability vary by state. Insurers not licensed to conduct business and products are distributed in AL, DE and NY. Disability income insurance not available in AK, CA, DE and NY.

Who Will Pay If You Can’t Work?

As a medical professional, you have planned, sacrificed and worked hard to get where you are today. Do you have a dependable, long-term source of income that could sustain you in the event of a serious illness or injury? If you’re like most people, the answer is no. At Ohio National, we have an answer. Our disability income insurance products may be right for you.

Call today for details.

Horizon Financial Services, LLC
P.O. Box 2807
Ridgeland, MS 39158
601-414-0721
Licensed in Mississippi

Product, product features and rider availability vary by state. Insurers not licensed to conduct business and products are distributed in AL, DE and NY. Disability income insurance not available in AK, CA, DE and NY.

Mark your Calendars!

You are invited to attend UMMC’s Medical Student Family Alliance’s annual Spooky U Halloween Trunk or Treat! The event will take place on Thursday, October 22nd at 6pm-8pm in front of the Student Union. Admission is FREE and open to all UMMC students, residents, faculty/staff and their families.

This year, Spooky U will benefit The Mustard Seed. We will be selling food during the event to help raise money for the Mustard Seed, and the Seedsters will even be joining us for the event!

Don’t forget to bring the kids for the Trunk or Treat and costume contest! There will be an adult costume contest too, so don’t let the kids have all the fun! And we will have professors volunteering their faces to be pied!!

If you are a student organization or group and would like to have a booth during the event, please email us for the registration form. Last day to register your booth is October 10th!

We look forward to another successful year! If you have any questions, please email ummc.msfa@gmail.com.
20-Minute Lemon Pesto Penne

This recipe is wonderful to cook during the week when you are low on time and want to eat healthy. It is actually one of my favorites. Most ingredients I already had in my fridge! Also, I had plenty left over for three more meals. You can't beat that!

Today's recipe and picture are from a cooking blog called pinch of yum. To find more of her recipes, go to www.pinchofyum.com.

Ingredients:
- 8 oz whole wheat penne
- 2 cups baby broccoli
- 1 cup oven roasted tomatoes (I actually used cherry tomatoes and worked great)
- 1 tsp minced garlic (for a time saver, buy the jar of “pre-minced” garlic and add to taste; also can keep for future meals)
- ¼ cup pesto (can be pricey)
- ¼ cup feta cheese
- Juice of ½ lemon (or buy lemon juice and keep the leftover juice for another meal)

Instructions:
1. Cook the penne according to the box directions. Add the broccoli to the pot of boiling water the last 2 minutes of cooking. The broccoli will turn grass green.
2. Drain the pasta and broccoli then transfer back to pan over medium-high heat.
3. Add tomatoes and garlic and sauté for 2 minutes.
4. Add pesto, half of the feta, and lemon juice. Toss in pan until mixed.
5. Remove from heat then add basil and remaining feta.

• Serve with rolls or salad.

Happy fall!
Eden J. Yelverton, M4

Pumpkin Bars

This recipe is the quintessential prototype of fall! With pumpkin and just a hint of ginger, and then topped with a luscious cream cheese frosting, these moist bars usher in fall flavors and are sure to please. Some similar recipes call for a huge pan, but this one is a more manageable recipe with less waste. Be sure to store leftover bars in the refrigerator.

Source: http://sugarapron.com/2014/10/15/pumpkin-bars-with-cream-cheese-frosting/

Cake Ingredients:
- 2 cups flour
- 1 cup sugar
- ¼ teaspoon ground ginger (optional)
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 2 eggs
- 1 teaspoon vanilla
- 1 cup oil
- 1 can (15 oz) pumpkin

Instructions:
1. Preheat oven to 350 degrees. Spray a 9-inch square pan with nonstick cooking spray.
2. In a large bowl, whisk together dry ingredients. Create a well in the center.
3. Using a stand mixer, combine the eggs, vanilla, oil, and pumpkin on medium speed until light and fluffy. Pour into the well of dry ingredients and stir just until combined.
4. Pour into prepared pan and bake for 30-35 minutes or until toothpick inserted in the center comes out clean. Transfer pan to a wire rack to cool completely.
5. Again using an electric mixer, combine cream cheese and butter until creamy; add vanilla. Gradually add sugar until well mixed and smooth. Spread frosting over completely cooled bars.

Jennie Thomas, M4
As a former boxer, bull rider and construction worker, tough guy Roy Eavenson was never the type to ask for help.

So imagine his frustration when he lost his left hand in an industrial accident. “I was real blue,” he said. “There were so many things I couldn’t do.”

But ever since Methodist Orthotics & Prosthetics custom-fit Eavenson with a bionic hand, he’s found few activities out of reach on his 30-acre spread in Covington County.

He gives a big thumbs-up to the device’s five-finger functionality, particularly the pinch that lets him get dressed independently. “A one-armed fellow has a hard time buttoning his Levis, particularly when they’re kind of small,” he says.