Mississippi has fewer primary care physicians per capita than any other state. To help, UMMC is pledging to graduate 1,000 new doctors by 2025. To reach that goal, we’re building a new, larger School of Medicine and working with the state legislature to offer incentives for graduates who stay and work in Mississippi. Each graduation day brings us closer to meeting our state’s healthcare needs. Learn more at ummchealth.com/education.

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From Our President

My UMMC family,

The 2015-2016 academic year is officially coming to a close. As I reflect on this year, I cannot help but reflect upon my entire experience as a student at UMMC. It has been an absolute privilege to serve as ASB President at an institution that I value so much. I have accumulated a variety of academic affiliations throughout my career as a student, but there is no institution that I am proud to be a part of more than UMMC. UMMC is a true family that welcomes all newcomers with open arms. UMMC establishes a unique environment enriched with not only academia and professional training, but a home for individuals from all walks of life. Many times, I believe that Mississippi is written off as a state stuck in the past. It is unfortunate that those individuals have not had the opportunity that we have had to learn and work at UMMC. UMMC is a true example of an academic intuition and health care center that puts patients, employees, students, and all affiliated members of the UMMC family first. The Mississippi I know and believe in can best be seen at UMMC. I will stand firm in rooting for our state, our school, and country. I will ALWAYS encourage family and friends to go to work and school at UMMC. I hope you do the same. If you’re still here for a few more years, I challenge you to keep UMMC great and help it grow and prosper to its greatest potential. Maintain the spirit of UMMC and its mission no matter. Do right. Do good.

All the best,
Sarah Ali
Outgoing Associated Student Body President

Hello UMMC Students,

My name is Brock Banks, and I am the ASB President for the 2016-17 academic year. The editor of The Murmur has graciously allowed me to use some space in this month’s magazine, and I would like to use this opportunity to introduce myself to you and share with you my vision for the Associated Student Body next year.

I grew up in a small town in Northwest Missouri where I spent my summers playing baseball and running through cornfields. I attended college at Marquette University, where I earned a degree in Political Science and a minor in Economics. After college, I completed a two-year service-through-teaching program through the University of Notre Dame called the Alliance for Catholic Education (ACE). The ACE program placed me at Resurrection Catholic School in Pascagoula, MS. I taught social studies and religion for grades 7, 9, and 10, coached the boys’ varsity basketball team, and served as the student council and campus ministry sponsor.

I often tell people that my time in ACR was a love story. I fell in love with the Mississippi Gulf Coast, the people, the culture, and the weather! More important, I met and fell in love with my wife, Mary, who was born and raised in Pascagoula. Though I enjoyed my time teaching, I felt called to practice primary care medicine in Mississippi, so I earned my science pre-requisites to go to medical school. My hobbies include playing whiffle ball, watching baseball (Go Kansas City Royals!), traveling, and keeping up with politics and current events.

I am honored to serve as the next ASB President. I look forward to working with our new committee chairs to organize student activities, programs and inter-school competitions. I believe this is an area where ASB has excelled, and I will work with our new leaders to make sure we continue to be successful. I want to focus on the role of ASB as a representative body. I want it to be responsive to the needs and concerns of students. Moreover, I want ASB to take a stand on important issues that impact our medical center and healthcare delivery. ASB is a true representative body. The ASB was successful last year thanks to the hard work and dedication of its members. I look forward to another successful year. Again, thank you! I am honored to serve you as your ASB President.

Brock Banks, M3
Incoming Associated Student Body President

Congratulations

on your upcoming graduation!

The Office of Alumni Affairs wishes you all the happiness and success that a fulfilling career may bring!

We would love to provide you with useful information and helpful connections, so please stay in touch: come back for events, share your time and expertise, and keep us up to date on your career and life milestones.

Visit us at www.umc.edu/alumni or connect with us on any of our social media channels:
The second annual Jackson Free Clinic Invitational was a success! We had 14 teams made up of medical students and community members who came out despite the rainy weather to support the Jackson Free Clinic. The event was held at Live Oaks Golf Club on Thursday, April 14th at 1pm. Unfortunately, after only a few holes of golf, the thunderstorm caused us to have to cancel the golf tournament and the players were unable to finish. However, many raffle prizes were given and the golfers still had a great time and will hopefully join us again next year! The JFC couldn’t open each week without the help of volunteers such as medical students, dental students, pharmacy students, physical therapy students, and occupational therapy students who give their time and talents to the clinic. We also greatly appreciate the financial support of our sponsors whose donations improve our clinic and patient care. A special thanks to these sponsors: Community Bank, Metropolitan Bank, UMMC Family Medicine Department, Somnus, Jackson Academy, Reed’s surveying PLLC, Regions Bank, Merchants Foodservice, UMMC Dept of Orthopaedic Surgery and Rehabilitation, Watkins and Eager, Hattiesburg Clinic, Hope Credit Union, Trustmark Bank, Horne LLP, UMMC

- The JFC Board of Directors
Who is God? This question is perhaps one of the most commonly posed queries in human conversation. In fact, given the argumentative and often aggressive nature of mankind throughout the ages, an even more relevant question might even be “Where is God?” as we reflect on past and present national and international atrocities of militaristic groups or individual gummens. However, I would venture to assert that the real question at hand is “Who is God to us, and where is He in the midst of our own busy lives?” (maybe an easy question for some, but maybe a very thought-provoking inquiry for others). By listening to the call of the Holy Spirit and by loving and serving others, regardless of their differences, we can answer that question.

As we approach the day of Pentecost this month, we can strive to understand ever more fully who God really is and strive to reflect on our own relationship with Him. In addition, we can be ever more aware of the power of the Holy Spirit in renewing our hearts, minds, bodies, and souls, and in renewing our call to spread the good news of life’s victory over death. How important is the message that death and that hate cannot and will not win! How important it is that we communicate this information to others through our words and our actions! When you feel that swirling surge of energy within you as though your heart were burning and impassioned, that gut instinct calling you to act upon the inward urge to enact an outward gesture of love and decency, perhaps that someone was very different from you. But in loving others, we not only share a common goal, but we also embark on a humbling, intimate journey into the lives of those who are not like us. Perhaps we get a glimpse into the lives of people like patients who may try our own patience, people like students who may need extra help in understanding lecture content, people like nurses whose feet ache from twelve-hour shifts, or people like custodians who have emptied trash cans from every room on five consecutive floors. Or perhaps in working with patients, students, healthcare professionals, or staff, we meet individuals who speak a different language, who have a different religion, who have a significant other of the same sex, or who have a lack of understanding of our own beliefs and values. Nevertheless, despite all of our differences, we all have the ability to love one another, and as we embrace one another in our commonality of love, we find There God is.

Perhaps we can consider all the times and all the people we have served. Have we fed the hungry or given the thirsty water to drink? Have we shown hospitality to the strangers around us? Have we clothed the naked or sheltered the homeless? Have we visited those who were ill or who were in jail or prison? Perhaps you, yes you, the one reading this article now have at some point given food or clothing to someone in need, visited and/or treated a child with leukemia, or given directions to someone you did not know, and perhaps that someone was very different from you. But you loved him/her anyway, and it is Christ who would say to you “truly I say to you, to the extent that you did it to one of these brothers of Mine, even the least of them, you did it for Me” (Matthew 25:40). From such truth, we realize that to you “truly I say to you, to the extent that you did it to one of these brothers of Mine, even the least of them, you did it for Me” (Matthew 25:40). From such truth, we realize that in touching the hand of another, looking into his or her eyes, There God is.

On behalf of the Catholic Students Association, I would like to thank UMMC for allowing my fellow members and I to meet regularly, celebrate Mass, and serve in various capacities on and off campus. Although most of our members are Catholic, we encourage involvement of people of other faith orientations as we join the rest of the faculty, students, and staff in going about the business of love. For, together, as members of this institution, as members of this world, if we are loving one another, we are doing God’s work. And if we really consider the answer to who God is, “God is love” (1 John 4:8), the purest personification of love. And where is He? Everywhere and in everyone. And as long as we are loving everyone everywhere, we will know where we are in our relationship with God who is true Love itself, so that when we look around us and within us, we can assuredly say “There God is.”

Edgar Meyer is a graduate student in the Doctorate of Clinical Anatomy program in the School of Graduate Studies.
National Public Health Week 2016
By: Stephanie Sollis, School of Pharmacy President

Congrats to our PY4 students, who will graduate with their Doctor of Pharmacy degrees in a few weeks! We are so proud of you and know that you will do great things for the profession! Best wishes!

PediaRebs, our pharmacy pediatric organization, made valentine crafts with the kids of Children’s Hospital!

The School of Pharmacy recently participated in Pharmacy Day at the Capitol, where students participated in advocacy efforts as well as health screenings!

Pharmacy organization APhA-ASP recently partnered with the Rankin County Sheriff’s Department for a GenerationRx Drug Take Back Event in conjunction with Mississippi Pharmacists Association Night at the Braves Game!

APhA-ASP Bowling Night was a great success after a busy exam week!

The SOP recently hosted a Match Day Party to honor all of our graduating students who matched for residencies! It was held at Shapley’s Restaurant in Ridgeland. It was a fantastic match year for our students!

The School of Pharmacy was also a proud partner in National Public Health Week! Here students Jordan Kelley Ferguson and Jay Barnhart are posed next to the “Pharmer’s Market” full of healthy snacks!

Congrats to the PY3 class, who recently received their patches! These patches are placed on their white coats and are a symbol of moving on to Advanced Pharmacy Practice Experiences!

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UMMC Student Alumni Representatives are hosting UMMC's first annual Last Lecture event. This event desires to bring students, faculty, staff, and alumni together across all disciplines to hear a speaker chosen by the student body. Our inaugural speaker will be Dr. Dan Jones.

The idea of “Last Lecture,” in which top academics in their field are asked to give a talk considering what advice they would give if they knew it was their last opportunity, has been around for quite some time. Last lectures became more widely known in 2007, when Professor Randy Pausch delivered a speech at Carnegie Mellon University entitled “Really Achieving Your Childhood Dreams.” The previous year, Pausch had been diagnosed with pancreatic cancer. Knowing his diagnosis was terminal, Pausch delivered his lecture to a crowd of colleagues and students, expressing lessons he wanted his children to learn after his battle with cancer ended. In his lecture, which was later expanded into a New York Times bestseller, Pausch imparted wisdom accumulated over a lifetime and gave advice on how to live life to the fullest. Since Pausch’s lecture and book became well-known, many institutions of higher education have adopted similar “last lecture” events like Carnegie Mellon’s. The speakers chosen are usually well-respected, long-time faculty members and leaders, whose talks range from life advice to “what I’ve learned along the way,” and more.

This year, the Office of Alumni Affairs and our Student Alumni Representatives are excited to present the first annual Last Lecture Series event, bringing to the entire UMMC community an inspirational talk from one of our own esteemed UMMC affiliates, Dr. Dan Jones. We are looking forward to bringing everyone together across all disciplines and career stages to listen to Dr. Jones and celebrate UMMC on May 4th, 2016 at noon in the Student Union. (Lunch will be provided for the first 100 attendees.)

And since we can all benefit from a little introspection, everyone is invited to share their own “last lecture” thoughts via social media. Using the hashtags #mylegacy and #UMMCLastLecture, please tell how you hope to make your mark on the field of healthcare – how do you want to be remembered as a healthcare professional? We’ll collect your thoughts from social media and showcase them during the May 4th presentation.

Can’t wait to see you there!

UMMC Student Alumni Representatives
(May the fourth be with you)
Representatives from the UMMC School of Dentistry recently traveled to Washington, D.C., for National Dental Student Lobby Day with the American Student Dental Association.

Left to Right: Chris Price, Jarred Moffett, Stephanie Rizzuto, US Senator Thad Cochran, Alisha Li, and Trey Donahue.

American Dental Student Association

Dental Hygiene

Students in the UMMC Dental Hygiene program sold Honda raffle tickets to benefit the Blair E. Batson Children’s Hospital. Pictured below are Karissa, Emily, and Tunisha.

Student National Medical Association

The Student National Medical Association (SNMA) chapter at the University of Mississippi Medical Center (UMMCM) School of Medicine has had an unforgettable year. In September, we worked with the Student National Dental Association (SNDA) on an Interprofessional Mixer to introduce college students to various professions. During Halloween, we handed out candy to neighborhood children and raised money for Mustard Seed. For Native American Heritage month in November, we familiarized our members to the Choctaw culture and introduced them to the new health center. On World AIDS Day, we provided free HIV screenings. During Christmas time, our members donated their own money so that we could donate pull-ups and roller blades to the kids of Angel Tree. We stood in solidarity for White Coats 4 Black Lives, celebrated Valentines Day with our honorable veterans at the VA, and spread awareness about the health disparities that exist in our own cities and towns of Mississippi at the Global Health Fair. All this and more has happened this past year and we could not have done it without the support of the Mississippi Medical and Surgical Association (MMSA). As this year comes to an end with the recent board elections, the last meeting, and many new members and memories, we look back and are only grateful to have had the privilege to work with so many dedicated individuals who are committed to serving the underserved, alleviating disparities, and increasing diversity for quality care.

Physical Therapy

3 years... WOW! At the start it seemed like an eternity, but my how time has flown by! I cannot believe we are graduating at the end of this month. I feel so many different emotions thinking about it, but I am so proud of every single one of us. The last three years have consisted of a lot of studying, testing, long days, and many challenges, but it has also provided us with some of the best memories that we will forever hold near and dear to our hearts. Memories such as PT parties and our fun scrub burning party, a white coat ceremony, many potlucks, birthday and celebratory get-togethers, our famous exam week dress ups, fun lab times, group projects, engagements, and lasting relationships. As we finish our last week together, I hope we will all remember the one person who made all of this possible... Our great and awesome God! We also have our families, friends, and teachers to be thankful for, as we could not have survived the last three years without their knowledge, guidance, and constant support. Thank you all so much for the wonderful friendships and memories that have been created from our time together. I wish us all the best of luck on our boards, on our future careers as Doctors of Physical Therapy, and on any endeavors each of us will journey on over the years to come. So, farewell and congratulations DPT Class of 2016!
American Medical Association: Recapping the Year

AMA UMMC Chapter Officers 2016-2017

President: Neal Boone
Vice President: Avni Patel
Secretary: Salma Dawoud
Community Service Chair: Vy Mai
Recruitment Chair: Tyler Howell

Class Representatives:
M2 - Alia Abbas, Michelle Wheeler, Raman Kaur, Mary Butts, Thor Goodfellow, Logan Ramsey, William Ross
M3 - Kaitlyn Rentrow, Ryan Jimenez
M4 - Kimberly Simmons, Robbie Aru

2015 MSMA Annual Session

Each August, the Mississippi Medical Association hosts the House of Delegates to discuss and vote on different resolutions brought forth by physicians of our state. As UMMC students and members of MSMA, we are allotted voting delegate positions, opportunity to run for elected positions, and to sit on various boards of the MSMA as student representatives.

Mark your calendars for the 2016 session on August 12-13th at the Hilton in Jackson.

State Advocacy

Many UMMC students went to our state capitol advocating for different bills this year. Our legislators value the perspective we have as medical students.

2015 Interim Meeting in Atlanta

In November, seven students from our local AMA chapter represented our state during the 2015 AMA/MSS Interim meeting in Atlanta. Josh Norman (M3) served as our voting delegate. During the conference, members voted on the many resolutions brought forth by medical students from all across the country, attended different informational seminars, and participated in a city-wide community service project.

MSMA President, Dr. Dan Edney, presenting the Mississippi 2016 Report Card at the Capitol on Doctor Day.

M3s, Julie Waddle and Neal Boone, speaking to their local Representative about the different issues such as telemedicine and immunizations.

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**Thumbprint Cookies**

My last few recipes have been ones that my family uses all the time. This one is brand new to me. Now that I’ve tried it, it will definitely be a keeper! These cookies are so easy and light! They would be great for a brunch, family party, or quiet night in. They’re so tasty, you won’t be able to have just one, or two, or three… Enjoy!

**Source:** www.Chewoutloud.com

**Ingredients:**
- 1 cup softened salted butter
- 1/2 cup powdered sugar, plus 1/4 cup for dusting
- 2 teaspoons pure vanilla extract
- 2 cups all-purpose flour
- 1/2 cup fruit preserves (I used strawberry and peach)

**Instructions:**
1. Preheat oven to 325°F. Line a baking sheet with parchment paper.
2. In a bowl, blend butter and sugar until fluffy and light, about 2 minutes. Add vanilla and salt, scraping sides of the bowl as needed. Switch to low and gently mix in flour, just until combined. Don’t over mix.
3. Roll dough into 1-inch balls. Place dough balls on parchment lined baking sheets. Press down the center of each ball with a spoon (or your thumb!) making a slight depression.
4. Fill cookie centers with a teaspoonful of preserves. Bake 12-15 minutes or until golden brown and puffy, but be careful not to overbake. Let cool a few minutes on the baking sheet, then transfer to finish cooling on wire rack or flat surface.
5. When cookies are completely cooled, dust with the extra confectioners’ sugar. Cookies can be kept in airtight container at room temp for a few days.

Happy Eating!
Maggie Wester, M3

---

**Spicy Shrimp and “Grits”**

Since summer is soon approaching, I thought I would share a healthy version of a southern favorite with y’all—Spicy Shrimp & “Grits” with Garlic Kale. The “grits” consist of a cauliflower mash that is really easy to make, healthy, and absolutely delicious! It’s so good in fact that you may start switching all your recipes over to a cauliflower mash. The whole dish comes together pretty easily, and, aside from the initial chopping, it doesn’t require a lot of time. If you’re looking for a healthy, delicious meal, give this a try! You won’t be sorry!

**Source:** http://pinchofyum.com/spicy-shrimp-cauliflower-mash-roasted-kale

**Ingredients:**

**Cauliflower Mash:**
- 1 tablespoon olive oil
- 1 head cauliflower, in florets (about 6 cups)
- 3 cloves garlic, minced
- 1 cup milk
- 1/2 cup cornmeal
- 1/2 cup shredded cheese
- Dash of garlic salt, chili powder, and black pepper
- 1 teaspoon salt

**Kale:**
- 1-2 tablespoons butter
- 1 package kallettes or 3 cups chopped kale
- 1 tablespoon olive oil
- 1 pound shrimp (enough for 4 people)
- Dash of garlic salt, chili powder, and black pepper or cayenne pepper

**Instructions:**

**For the cauliflower:**
Heat the olive oil in a large soup pot. Add the cauliflower and garlic. Saute for a minute or two, until the garlic is really fragrant. Add the milk and 2 cups broth. Simmer for 10 minutes or until soft. Add the white beans and mash roughly with the back of a large wooden spoon - I loved the rustic, chunky texture of this. Stir in the cornmeal, and things will start to thicken a bit. Adjust the consistency by adding in the last cup of broth as needed. Stir in the salt and cheese and season to taste.

**For the kale:**
Heat some butter in a cast iron skillet over medium low heat. Add the greens and garlic and saute until softened. Once they’re done, set them aside on a plate to cool while you cook the shrimp.

**For the shrimp:**
In the same skillet, add the oil over medium heat. Pat the shrimp dry. Add to the pan and sprinkle with seasonings to taste. Cook for just a few minutes and then add a quick splash of water or broth to the pan (about 2 tablespoons) to pull the browned bits and spices into something of a saucy-coating for the shrimp. It’s delicious. Serve the shrimp and kale over a pile of cauliflower mash.

Since I’m graduating, I won’t be writing any more articles for the Murmur, but I wanted to thank you guys for reading along these past few years! I have loved sharing my favorite recipes with you all! I hope you’ve enjoyed them. Happy May everyone!

~Mina
Sam Watkins III worried he’d be paralyzed for life after a rare heart condition led to a stroke.

“I was so depressed, I didn’t know what to expect,” said the Jackson barber and owner of Exquisite Hair Design.

But with encouragement from his family and the stroke program experts at Methodist Rehab, Sam threw himself into therapy and got back on his feet. Now, he’s using his close shave as a catalyst to eat right and exercise more.

He says it’s a small price to pay if it means more years with his wife and three kids. “It’s not hard now because this was such a scare,” he said. “It changed my life.”