48 Hours in New Orleans
Your Travel Guide To A Perfect Weekend

Blossoming Magnolias
Introducing Our Pediatrics Column

Interprofessional Education
It's Better Together

The Lunch Flow Chart
At Methodist Rehabilitation Center, we've trained generations of physical, occupational, speech and recreation therapists through our Clinical Education Program. In the last 10 years, we’ve helped 372 therapists get the hands-on training they need to launch successful careers. And some like us so much, they decide to work for MRC.

We’re more than your next-door neighbor with the great fried chicken.

From left, UMMC School of Health Related Professions alumni now working at MRC include physical therapist Kayla Ross, class of 2017; physical therapist Kaitlin Ingram, class of 2014; physical therapist Chris McGuffey, class of 2013; physical therapist Anna Sumrall, class of 2018; and occupational therapist Audrey Hartman, class of 2018.

PREVENTABLE HAIR LOSS IN KIDS
Unwrapping the why behind the prevalence of traction alopecia in the pediatric community and how you can help as a provider.

by Denise Powell

THE LUNCH FLOW CHART
Your favorite flow chart is back. And ready for lunch

by Mary Moses Hitt

48 HOURS IN NEW ORLEANS
The greatest food city in America is right in your backyard. But also there’s museums, sports, and theater. Your weekend is planned...so what are you still doing here?

by John Bobo
Greetings, Fellow Students, Faculty, and Staff,

We are now in the middle of the fall semester, and the football season is in full swing. Don't forget to participate in the College Pick 'ems.

The Associated Student Body (ASB) has recently held its second ASB Council meeting of the year where topics such as the installment of a water bottle filling station, a campus-wide recycling initiative, and prospects for positive media coverage were discussed. In addition, the ASB held its second Roundtable discussion session with invited students from each of the seven schools on campus and special guest Dr. Jerry Clark, the Chief Student Affairs Officer. Updated dates, times, and locations for all other discussion sessions can be found in this issue.

Furthermore, selected ASB officers from each of the seven schools on campus will meet with Dr. Charles O’Mara, the Associate Vice Chancellor of Clinical Affairs, to discuss current student events and to voice any relevant student concerns to the administration.

This month, the ASB will also organize a clothing drive benefitting patients of the Department of Psychiatry and Human Behavior; host an International Food Fair in the Student Union on October 18; sponsor a booth at Spooky U, an event sponsored by the Medical Student Family Alliance benefitting Mustard Seed, Inc., on October 18. It will also continue its sponsorship of the Interprofessional Education Opportunities for the 2018-2019 school year with its second of a series of seven seminars on October 30. More details on these seminars can be found in this issue.

Finally, if you ever need any assistance, please feel free to contact me to offer any questions, concerns, and/or suggestions, and I will be happy to help you.

Yours in Service,

Edgar Meyer
Associated Student Body President

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Your responses to the 2016 Student Satisfaction Survey directly led to significant changes at the Medical Center.

**You said** you were not satisfied with the food and beverage options.  **We did it!** The student union’s food court was remodeled, and the Copper Spoon coffee kiosk was added in the new medical education building.

**You said** our shuttle service needed an overhaul.  **We did it!** We upgraded the shuttle service with brand new buses and routes tailored just for students.

**You said** students need reliable wireless connections.  **We did it!** The Division of Information Systems launched a new, secure student wireless network.

**You said** students need to know where to park.  **We did it!** We provided reminders about parking policies and provided options about parking on nights, weekends, and holidays, allocated parking lot access during these times.

**You said** students need to know where to file a complaint.  **We did it!** Student Affairs now provides regular reminders of the formal complaint process.

**How else can we improve the student experience at UMMC?**

Please take the 2018 Student Satisfaction Survey – coming soon to your student email account – and let us know!
Around

The U

Everything that’s going on at UMMC

Spooky Fun

Katie Wegener (M3), Joseph Cook (M1), and Jilly Rippon (M3) cheer on their friends as they show off their costumes at the Spooky U Halloween party

page 10
The Medical Student Family Alliance (MSFA) is a student and spouse run organization with a purpose to helping medical students, their spouses, and their families through the ups and downs of the medical school journey. We strive to create a community of friendship through service projects and social events benefiting UMMC medical students and the local community. Some projects we work on throughout the year include Breakfast Before Boards (providing donuts, coffee, OJ, etc for M3s on the morning of their NBME exams), SpookyU (benefiting the Mustard Seed), and a daycare service for M4 families during their Long Coat and Match Day ceremonies.

Top: Joseph Cook (M1)
Middle: Lizzie Wicks (M2), Ben Matthews (M2), Adam Niolet (M3), Rob Barber (M2)
Bottom: MC for the night – Peyton Thigpen (M2)
SpookyU is an annual Halloween fundraiser hosted by MSFA that is open to all UMMC students, faculty, and employees and their respective families. I am not sure on the exact year that we started doing SpookyU, but its purpose is to provide a safe, fun environment for both UMMC families and the Seedsters from the Mustard Seed. A huge part of SpookyU is the involvement of the Mustard Seed, and we serve as one of, if not, the primary trick-or-treating experience for the Seedsters. Over the years, we have raised money for several charitable organizations including Blair E. Batson Children’s Hospital and others, but our primary recipient of our fundraising over the last several years has been the Mustard Seed. SpookyU occurs annually during the middle of October, and we always have plenty of fun, games, and a ton of involvement from many of the student organizations from all the various educational schools at UMMC. The booths are at the core of the event as they decorate booths, have games, and give out tons of candy to the kids and Seedsters that attend. This year, we had one of our largest booth numbers at 16 booths, and we had one of our best turnouts during my 4 years at UMMC.

Carter Barnett
Medicine, Year 4
Tell us a little bit about yourself. How did you end up here at UMMC?

I’m from Jackson; been here my whole life except for 4 very good years in Starkville. I walked in the doors of UMC in August of 2001 for medical school and haven’t left since. When it came time for residency, I looked at several places around the region, but the longer the interview season went on, the more I realized that UMC’s Med/Peds program had everything I wanted and was located in the town and state that I had been raised in, and it was now time to give back to. When residency ended, I would’ve taken any job I could have right here—it’s my people, my state, my city—I am proud of it and realize I was put in Mississippi and UMMC for a reason bigger than me.

What do you enjoy most about teaching?

I call them “lightbulb” moments—it’s those times you can connect a patient and their illness with all the noise that’s running through a student’s head—all the preclinical stuff they never thought they’d see again, but you just connected all the pieces at once.. In these moments, you occasionally get those audible gasps where you know something just connected for the first time, and then usually a big grin. Those lightbulb moments are the perfect moments of teaching.

Any advice to students?

How much space do you have?? First off, persevere—this is a marathon, not a sprint. Pace yourself, re-hydrate, take walk breaks, whatever you’d do to finish a marathon, do it to finish medical school. And remember, it hurts sometimes during a marathon—it’s going to hurt sometimes in medical school. So second, don’t feel sorry for yourself. I don’t mean that callously, but honestly—this is a great privilege and a great opportunity; while it’s terribly, terribly hard, there are far worse things you could be going through. Finally, take a break—I prefer Sunday—but whenever works for you.

What do you like to do outside of work?

I’m a morning jogger, too—that’s my “me time”. It clears my head, gives me some good and bad ideas, and keeps me sane. I had to take a break for about a year due to an injury recently, and my wife could notice the difference in my grumpiness.

What is your favorite...

VACATION? Mountains or a city (not a beach guy). Took my wife to Banff, Canada last year and it was AWESOME.

SEASON? Fall—remember the Better than Xtra song “This Time of Year”?

FOOD? There’s really nothing better than a burger cooked on the grill at home (in the fall)

MOVIE? I can’t remember my last “grown up” movie?? Watching my son watch The Force Awakens was pretty awesome, and watching my daughters watch the live-action Cinderella was just as awesome

SPORTS TEAM? Trick question—depends on the sport. Cowboys, Celtics, Dodgers are my Big 3. No rhyme or reason to any of them. It’s just been that way since I was 5.

Interesting fact people might not know?

I am the world’s most boring individual—is that an interesting fact?? I do have a not-so-secret Bruce Springsteen obsession, but I think that just makes me one of a million.

Best experience teaching?

Three years ago I worked with an M4 who was fluent in Spanish, and I am not. On House Medicine, he and I admitted a Hispanic patient with recently diagnosed cirrhosis for an upper GI bleed. Ultimately, the patient was sent home for palliative care as he was not a candidate for transplant. Several days later, the M4 told me that he (the M4) had been the first person the patient’s wife called when the patient died; not an ambulance, not other family, not a preacher, but this M4, who in 6 or 7 days had made such an impression on the family that he became their family, their preacher, their doctor. I’m not a crier, but...

Any funny story/last tidbit for readers?

Not really. I did nearly quit medical school the first day of Gross Anatomy lab, so I guess I’ve come a long way since then. I also once studied for a Gross practical in the lab, all by myself, almost all night, with a serious thunderstorm going on outside—the kind where the lightning and thunder happen at the same time and you fully expect the power to go out at any moment. Have no idea what I was thinking. I was terrified all night. I’m pretty sure I bomed that test.

Dr. Zeb Henson
Associate Professor, Division of General Medicine
Residency Director, Internal Med and Med-Peds

he told me that he (the M4) had been the first person the patient’s wife called when the patient died; not an ambulance, not other family, not a preacher, but this M4, who in 6 or 7 days had made such an impression on the family that he became their family, their preacher, their doctor. I’m not a crier, but...
CALL FOR NOMINATIONS

The Office of Diversity and Inclusion announces the second annual presentation of an awards program honoring those who have made meaningful contributions that broaden diversity and promote a climate of inclusion in the UMMC community and beyond.

AWARD CATEGORIES

STUDENT/TRAINEE - EXCELLENCE AWARD
EMPLOYEE - INCLUSION AWARD
FACULTY - BEACON AWARD
ALUMNI - LIFETIME ACHIEVEMENT AWARD
COMMUNITY ADVOCATE - INSPIRATION AWARD

Contact the Office of Diversity and Inclusion for awards criteria and nomination forms.

www.umc.edu/thepillars  (601) 815-7857

A celebration event honoring the recipients will be held
Thursday, January 17, 2019 (4:00 – 5:00 pm)
Norman C. Nelson Student Union Ballroom
ASB BULLETIN BOARD

UMMC SOFT SHELL JACKETS

CUSTOMIZABLE | FLEECE-LINED | OPERATING ROOM-APPROVED
WATER-RESISTANT | FEATURES A 2-ZIPPER EXTERIOR WITH 2 LARGE INTERIOR POCKETS
CUSTOMIZE YOUR NAME & DEPARTMENT OR SCHOOL

MEN'S AND WOMEN'S STYLES AVAILABLE
For sizing, check out the samples available in School of Medicine room SM 222

TO ORDER:
Place completed order form and payment in mailbox #689 in SM 222
Pay using cash, check, or venmo:
$ Check: SOM Class of 2019
$ Venmo: @UMMCJackets

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ORDER BY NOVEMBER 25, 2018 | QUESTIONS?
mdebard@umc.edu

2018 METRO JACKSON HEART WALK

WHEN
November 17, 2018
8:00 AM opening ceremonies
9:15 AM walk begins

WHERE
Capital Building
Downtown Jackson

FAMILY EVENT
5K WALK OR RUN
1 MILE SURVIVOR ROUTE
KID'S ZONE
DJ
PET FRIENDLY

COMING DRESSED IN YOUR FAVORITE 90'S GEAR!

WHITNEY MOREHEAD
WHITNEYMOREHEAD@HEART.ORG
601.321.1208

WWW.METROJACKSONHEARTWALK.ORG/UMMC
Join the ASB for a Roundtable discussion...

The following meeting rooms are located on the second floor of the Student Union. Food will be provided to the first 25 students.

- Nov. 6, 2018 @ Noon - ASB Suite
- Jan. 8, 2019 @ Noon - Board Room
- Feb. 5, 2019 @ Noon - ASB Suite
- Mar. 5, 2019 @ Noon - ASB Suite
- Apr. 9, 2019 @ Noon - Board Room

For more information, please contact ASB Chief of Staff Jenny Tran at jnttran1@go.olemiss.edu

All Students are welcome!
Participate in discussions on relevant topics.
Learn about upcoming events.
Voice your concerns.
Offer suggestions for activities.

All Students, Faculty, and Staff are welcome!
Participate in student professional development or continuing education.
Add to your CV.
Gain skills for interdisciplinary healthcare.

Students: Earn digital credentials for IPE Opportunities by attending IPE events and submitting Canvas assessments.
Faculty: Earn Continuing Education credits.

IPE Seminar #2
Food will be provided to the first 75 attendees.
“Divided by a Common Language: Navigating Communication Breakdowns in Healthcare”
Tuesday, October 30, 2018 @ Noon
SM-124 in the School of Medicine
Future IPE seminars (SM-124):
- Seminar #3 - Nov. 27, 2018 @ Noon
- Seminar #4 - Jan. 29, 2019 @ Noon
- Seminar #5 - Feb. 26, 2019 @ Noon
- Seminar #6 - Mar. 26, 2019 @ Noon
- Seminar #7 - Apr. 30, 2019 @ Noon

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When our doors open each Saturday, The Jackson Free Clinic fulfills so many different needs for the community. It is a privilege to provide care to some of the most underserved patients in the state of Mississippi. We provide patients with numerous types of services from a variety of disciplines:

- primary care medicine, dentistry, physical and occupational therapy, pharmacy, psychiatry, and social work. It is truly a special opportunity for trainees from different backgrounds to come together and learn to treat patients in an interprofessional environment.

This past year, the JFC has completed several construction projects. The lab area was renovated with partitions to provide additional patient privacy during phlebotomy. A special consultation area was also installed at the front of the clinic, which provides a dedicated space for meetings between patients and our social work volunteers.

Our future plans for expansion include the conversion of existing underutilized space into two additional exam rooms to further streamline our workflow and patient care. In addition, we have already provided almost two dozen medical student volunteers with the Olutade Student Clinician award recognizing outstanding service to the JFC. Current M3 students can achieve this award by volunteering three times in the fall (August – December), three times in the spring (January – May), and twice in the summer (June – July).

Finally, and most importantly, the Jackson Free Clinic has cared for over 1,000 patients during the past year. This exceptional accomplishment was only possible due to the countless hours of service by all of the UMMC students who volunteer their time and talent at the JFC. On behalf of the JFC Board of Directors, thank you for continuing to serve faithfully and provide compassionate care that truly makes a difference in the lives of our patients.

You can give to the Jackson Free Clinic by registering your Kroger account with JFC as the charity. You can also shop AmazonSmile and select JFC as the charity organization to support. In both cases, a portion of your purchases are donated to the clinic. You can also donate online at jacksonfreeclinic.org. Again, thanks so much to all of you. We hope you’ll come volunteer with us again soon!
Student Stories

Everyone has a story to tell. This month, hear from Kamryn, the Nursing Student Body President who made a crucial observation. Her program, Mississippi’s flagship nursing program, is the only one in the state without a white coat ceremony. Well, maybe not for long.

Kamryn Vanlandingham, Nursing, 4th Year

A Cure for the un-Common Coat

Getting accepted into the School of Nursing was a monumental moment in my life. I grew up knowing that UMMC’s SON was the flagship program in the state of Mississippi. When I began classes, participated in the honor code signing, and started clinicals, I knew there was something missing but I couldn’t figure out what it was. Fast-forward to a year and a half later, I was elected to be the student body president of the SON. I finally realized what was missing and here was my chance to bring this idea to life. A white coat ceremony was the missing piece.

This would be a great opportunity to start something new in the SON. Everyone agreed that they had always won-nered why the SON never had something like this. At the next ASB council meeting, I mentioned the idea to all of the representatives from other schools at UMMC. They were all just as shocked as I was to find out that our nursing school program didn’t have anything like this. They all agreed that this would be a great opportunity to start something new in the SON.

The SON Director of Student Affairs, Farrah Banks, and ASB President, Edgar Meyer, have already played a huge role in getting this started and I look forward to working with them. This is still very much in the beginning phase, but we hope to have this ceremony planned and implemented soon. We would love to do this with the new accelerated class coming in January. I am very excited about this opportunity and I hope that it helps better the SON and UMMC.

Steven Papas: Medicine, 3rd year

Third Year Rolling Along

I’m no longer on my peds. rotation, so good bye to all of those translational learning opportunities; no more of Charleston’s swaddling techniques to use on patients or physical exams to practice on Charlie. It’s kind of nice, though, to just come home and be Dad, free of some odd, self-imposed pressure to notice every change in stool color and accurately assess the meaning of light green as opposed to dark green or soft as opposed to seedy. Thankfully, that fascinating and totally not gross stuff is now her pediatrician’s primary concern. Although, I don’t know if I’ll ever be completely free from that looming pressure to notice every single detailed change on a daily basis.

Nevertheless, a little bit more separation between work and family has been pretty amazing. I’ve moved on to OB/GYN rotation. While I don’t think I’ll end up an obstetrician or gynecologist, it’s been a thrill. With each amazing woman I’ve watched become a mom, I see Sydney (see my really gorgeous wife in the attached family photo) and with each delivery I get the opportunity to be a part of, I see Charlie (skip ahead to the super cute baby picture attached to the end of this long, wordy article)! It’s been an amazing thing to experience medicine become personal, and I have no doubt it has made me both a better M3 and Dad!

Although, I’m not entirely sure I can say I’ve even been a good one at the moment. I’ve now missed exactly one out of one of Charlie’s “major” milestone moments. She rolled over! And it was amazing, I just wish I would’ve been paying attention. I was preoccupied doing mature adult things like reading books and paying bills… truth be told, I may or may not have been on Instagram. It’s okay, though. I celebrated all the same. Sydney jumped up! I ran over! And we hugged and shouted! Honestly, the reaction was both completely overwhelming and a little misplaced. As we celebrated Charlie, she actually laid on the floor crying, face down, smothered in her blanket. We did realize fairly quickly, though, and righted our misplaced and excessive but quite fun celebration, showering Charlie with unwanted kisses and hugs and loud obnoxious cheers. It was a really good Saturday morning that topped off a really good, although sometimes really difficult and tiring, month.

Ps. For all of you out there on peds rotations currently getting “pimped” on developmental milestones, rolling over is actually not “required” for appropriate development. However, it is a whole lot of fun to watch.
Student

*THE MURMUR WANTS TO HEAR FROM YOU!*
*IF YOU HAVE A PERSONAL ESSAY IN YOU*
*CONTACT JFBODO@UMC.EDU AND*
*LET'S TALK ABOUT IT*

Stories

**Always right there.**
**ALWAYS RIGHT.**

Located near University Medical Center, the Cabot Lodge Millsaps conveniently accommodates any Jackson visit. The exceptional comforts also include complimentary full southern breakfast and nightly hospitality reception. No matter what’s on your agenda, we’ll make sure you’re rested and refreshed.

**MILLSAPS**
2375 North State Street | Jackson
800.874.4737 | cabotlodgemillsaps.com
In medical school, we learn about different types of alopecia (hair loss) and their causes. One that is not often touched upon are the cultural and aesthetic reasons, like weaves and braids. It’s not surprising that the excessive pull of hair in one direction for extended periods of time cause hair loss, so why do we continue hair styles that may lead to alopecia? It’s most certainly not purposeful but is a form of expression that, when not understood on a cosmetic and medical level, can cause permanent damage but is easily preventable, especially if touched upon in childhood.

Traction Alopecia is recognized under the ICD-10 as a type of nonscarring hair loss that is the result of inflammation of hair follicles after pulling hair tightly for extended periods of time. In the case of certain hairstyles, such as braids, cornrows, weaves, and even tight ponytails like those used by athletes, there can be excessive hair loss; for future pediatricians, it’s important to note adolescents and young children who are in sports and may be using excessive force when wearing ponytails. Instead of the average 60 to 100 hair strands loss per day (per my M3 Family Medicine rotation knowledge), tight hairstyles can cause more short, broken hairs than usual, ultimately resulting in patches of bald spots/alopecia.

Certain hair loss can be due to cultural practices. The social and cultural dimensions of alopecia are often overlooked as both causes and results of hair loss. Therefore, the pediatric community is a great place for this recognition to begin when children are first exploring new hairstyles and what works for them best regarding both style and health.

Since cultural hairstyles, such as braids and cornrows, are more common in African-American communities (although these are hairstyles used by people cross-culturally), alopecia has become prevalent in this community, in which there are even specialties dedicated to this area of concern. For instance, board-certified dermatologists and dermatologic surgeons can specialize in hair transplants/ethnic skin! For instance, Dr. Crystal Aguh, assistant professor of dermatology at Johns Hopkins University Hospital, is the editor of a textbook titled “Fundamentals of Ethnic Hair: The Dermatologists Perspective” – an interesting and information read for any curious medical students out there! Alopecia has done more than create new niches for certain physicians; it has also resulted in psychologic stressors as well.

Although there is not a lot of data on the psychological effect of alopecia, it is related to emotional suffering due to personal, social, and even work-related problems. According to research, in a study, 40% of women with alopecia had marital problems and 63% had career-related problems. For children, this can lead to different issues in addition to normal childhood growth, like anxiety, depression, aggressiveness, and even delinquent behavior. With girls more often affected than boys, this creates additional insecurities and diagnoses. In one study, seven of the 12 children with alopecia met the needed criteria for a diagnosis of anxiety.

As future pediatric providers, what can you do for your patients? Recognition of children at risk for traction alopecia is crucial since it can be perma-
Around the U

Some signs of those at risk include tenderness, stinging, and crusting of the scalp, as well as small bumps around hair follicles. Like many things in medicine, hair loss occurs in phases; if recognized, children can be taught how to prevent future alopecia. The first signs of potential hair loss are uncomfortable pain and tiny bumps around the follicle. At this point, hair loss can be reversible, but if this is ignored, hair loss will become permanent after repetitive tension and scarring, which results in scarring alopecia.

For pediatric patients, it’s important to counsel on how to maintain hair properly at a young age. Below is some advice you can give to your future pediatric patients:

- Avoid tight hairstyles as often as possible.
- If tight braids are worn, they should only be left in a maximum span of two to three weeks.
- If weaves are used, there should be an attempt to use loosely sewn-in ones instead of weaves that require bonding glues.
- In pediatric athletes, loose ponytails and buns should be worn in low areas, instead high on the head; this cuts down on tension.
- In the age of the “natural hair movement,” instead of using relaxers, cutting hair regularly and wearing hair naturally minimizes hair loss as well.
- Hair types can also contribute to alopecia; naturally curly hair is more fragile because of the inability of sebum, a scalp protectant, to travel down the shaft of the hair. The combination of the shape and lack of sebum on these hair follicles causes preventable damage and hair loss. Moisturizers are important to prevent unnecessary damage.
- Most importantly, if a hairstyle hurts when being done or after, stop! The rule is “pain equals damage.”

With ALL of that being said, this article is not meant to be anti-weave or anti-certain hairstyles; it’s about creating awareness about the cause and effect of certain practices that may contribute to a medical diagnosis – traction alopecia. One of the beauties of pediatrics is being able to catch health concerns, like traction alopecia, before they become irreversible. While, as future medical professionals, a specialty like dermatology hair specialists seems cool, not having to pay for this as a service is even more appealing for our patients!

Turn to us for:
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- Physical exams for sports, school, employment, or insurance
- Workers’ compensation injuries and industrial screenings
- Wellness and preventive services
- Sick visits
- Immunizations
- Child and adolescent care
- Women’s care
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UMMC Family Medicine
On October 18, the Obstetrics and Gynecology Interest Group (OBIG) hosted their annual Simulation Night in the School of Medicine. The event brings first and second year students together, along with the department’s residents, for clinical skills and insight. Students rotated through various stations including pelvic exam, breast exam, Foley placement, knot tying, suturing, hysteroscopy and birth simulation. Obstetrics and Gynecology offers countless opportunities to pursue, a few of which were represented by Dr. Preston Parry, Reproductive Endocrinology, and Dr. Paul Moore, Female Pelvic Medicine and Reconstruction.

For first year students, simulation night is a break from the gross anatomy lab and a distraction from the hundreds of biochemical pathways, to remind them of what medicine will look like outside of the classroom. With the clinical aspects of year three around the corner, Haley Hobart (M2) stated “I had the opportunity to shadow a few OB/GYN’s this summer but observation alone doesn’t provide you with the skill set or confidence that will be expected of me in June. I missed the opportunity to participate in Simulation Night last fall, and was excited to see what it entailed. I think the simulation lab is a great resource for learning clinical skills prior to practicing on patients. I would highly recommend the event, no matter your field of interest!”

Participants were encouraged to bring donations for the Stew Pot Women’s Shelter, including lightly worn winter clothing and toiletry items, as the interest group works to bridge gaps in women’s health in the community. The event would not have been possible without the willingness of our department to serve.

The interest group was honored to have the leadership of Dr. Molly Burger (PGY1), Dr. Ashley Surles (PGY1), Dr. Jasmine Hawkins (PGY2) and Dr. Josh Blaylock (PGY2).

Our next meeting will feature Dr. Preston Parry, former Chief of Reproductive Endocrinology and Infertility at UMMC. He will be speaking on “How to Deliver a Baby and How This Can Prepare You for 3rd/ 4th year and Residency in Any Field.” We look forward to seeing you on October 23rd in R153 at 12pm!

Tori Wilson
Medicine | Second Year
OBIG Secretary
In the current world we live in, technology is moving at a very rapid pace, and consumers of every kind are demanding products and services just as expeditiously. As a result, the efficiency at which these products and services are delivered is critical. Healthcare is no different. In fact, given the diverse nature of the various healthcare professions, successful healthcare delivery is dependent upon efficient and effective communication, collaboration, and interaction between the disciplines of medicine, nursing, dentistry, pharmacy, allied health, social work, administration, and the basic sciences. Therefore, team-based approaches are becoming more and more common with the ever-increasing emphasis on the importance of patient-centered care.

This reality of the heterogeneous nature of care givers in clinical settings warrants interprofessional education for the training of healthcare professionals as early as possible in their careers. The University of Mississippi Medical Center has taken the initiative to promote interprofessional education not only for its faculty and staff but also for its students throughout its multiple departments and programs.

In conjunction with the Interprofessional Education Collaborative (IPEC), the Associated Student Body (ASB) has taken the lead in organizing and sponsoring the Interprofessional Education (IPE) Opportunities, beginning with the Interprofessional Engagement Fair for first-year students in the various programs at UMMC. The event was held on August 17 in the Student Union, and it featured an unprecedented number of attendees exceeding 400 and 57 tables representing various clubs and interest groups on campus as well as several non-profit organizations in the greater Jackson area—organizations with whom UMMC hopes to forge lasting partnerships. In addition to welcoming new students formally to the campus, the event allowed volunteers consisting of more experienced students and community members to interact with the new students and inform them of the numerous opportunities that the medical center has to offer its enrollees.

Students, faculty, and staff affiliated with the seven different schools on campus also had the opportunity to attend the first of a series of Interprofessional Education Seminars sponsored by the ASB on September 26. The title of this kickoff seminar was “You Are Not an Island: A Message from the Deans,” and it hosted a panel of deans from each of the seven schools on campus, including Dr. David Felton, Dean of the School of Dentistry; Dr. Sydney Murphy, Associate Dean of Academic Affairs in the School of Graduate Studies in the Health Sciences; Dr. Jessica Bailey, Dean of the School of Health Related Professions; Dr. Loretta Jackson, Vice Dean for Medical Education of the School of Medicine; Dr. Kim Hoover, Dean of the School of Nursing; Dr. Leigh Ann Ross, Associate Dean for Clinical Affairs of the School of Pharmacy; and Dr. Natalie Gaughf, Associate Dean of Student Affairs in the School of Population Health.

Of the 55 attendees consisting of students, faculty, and staff, Jessica Franklin, a student from the School of Graduate Studies in the Health Sciences, offered a few comments on her experience at the seminar held in the Student Union; “The panel of speakers were major advocates for Interprofessional Education which was evident in their thoughtful responses. IPE is [a] very important [initiative in which] healthcare professionals [should be] involved and [through which they can] become aware of individuals that are ready to support them. The IPE meetings recognize how the individual departments work together to provide the BEST care for our patients. I feel if you want to truly help patients you need to be involved with IPE.” Jessica, along with the other attendees, had the opportunity to accept an invitation to a Canvas course for IPE Opportunities whereby they could complete and submit an assessment in order to obtain a digital...
Digital credentialing is a process that is becoming more popular in the United States as a means for students and faculty alike (but especially students) to keep a lasting record of their professional development experiences. UMMC’s “digital credential initiative, U Med Cred, represents the dedication to teaching and learning excellence that the University of Mississippi Medical Center embraces for all schools and in all departments for students, staff, and faculty. A digital credential is an information-rich visual exemplification of a verifiable achievement that contains metadata explaining the context, meaning, processes, and outcomes of learning engagements. U Med Cred credentials will display skills and experiences that may not be displayed on an academic transcript, a résumé, or a CV. They are linked to secure electronic files which are shareable and can demonstrate skills and learning outcomes to prospective employers, colleagues, faculty, and peers.” However, these credentials can be added to individuals’ CVs or résumés. For more information regarding digital credentials and the process for applying for them, please visit the U Med Cred webpage at the following url address: https://www.umc.edu/Office%20of%20Academic%20Affairs/For-Students/eCampus/U-Med-Cred/U-Med-Cred-Home.html on UMMC’s website.

The six remaining Interprofessional Education Seminars will also allow students, faculty, and staff to receive digital credentials upon attendance and completion of the assessments associated with the seminars. In addition, faculty and staff who attend these seminars will be eligible to receive continuing education credits. The seminar for the month of October titled “Divided by a Common Language: Navigating Communication Breakdowns in Healthcare” will include the following panelists: Shayne Boackle, M.H.S., R.T.(R.), Manager of Ambassador Services and Educator of Imaging Services; Charles O’Mara, M.D., M.B.A., Associate Vice Chancellor for Clinical Affairs; Amber Arnold, D.N.P., R.N., Past Patient Safety Officer and Assistant Professor in the Doctor of Health Administration Program; Todd Dear, Pharm.D., B.C.P.S., Director of Pharmacy Services; William Buchanan, D.D.S., M.Md. Sc., Associate Professor of Dentistry; Lisa Barnes, B.S., D.P.T., Ph.D., Director of Physical Therapy Program and Professor of Physical Therapy; Valerie Carson, L.M.S.W., Social Worker; and Kathleen Young, Ph.D., Health Psychologist in the Department of Family Medicine. This seminar will be held at noon on Tuesday, October 30, in SM-124, the M2 lecture hall in the School of Medicine.

Future seminars will include the following topics on the respective dates: IPE Seminar 3 – “Lost in Translation: The Blending of Basic Science and Clinical Research to Forge New Paradigms in Healthcare” on November 27, IPE Seminar 4 – “The Patient Is Where the Heart Is: The Gift of Local Outreach” on January 29, IPE Seminar 5 – “Digital Missionaries: Healthcare Providers in TeleHealth” on February 26, IPE Seminar 6 – “Let’s Get Together: The Trials and Benefits of Team-Based Care” on March 26, and IPE Seminar 7 – “The Moral Imperative: Championing Ethical Issues in Healthcare” on April 30. These dates, times, and locations for these seminars can also be found on the Interprofessional Education Flyer on the ASB Bulletin Board pages within this issue.

If you have any questions regarding the Interprofessional Education Seminars or the ASB’s Interprofessional Education Committee, please feel free to contact me or the Interprofessional Education Co-Chairs Rachel Larry at rlarry@umc.edu or Michelle Wheeler at mawheeler@umc.edu for more information.
Top: 1st year PT students in lab
Bottom: ASB’s International Food Fair

Top: M2 students celebrating Hollis Burrow’s wedding
Bottom Left: PT students having fun in lab
Bottom Right: PT students at the Mississippi Physical Therapy Association Conference
On October 12, M2’s and P3’s held the first-ever interprofessional education (IPE) dinner between the two classes. Students from both schools enjoyed a delicious buffet catered by Bahalu and listened to a panel discussion on interprofessional collaboration in various healthcare settings. The six panelists were Dr. Eddie Perkins, associate professor of neurosurgery at the School of Medicine, Dr. Mary Joyce Wingler, antimicrobial stewardship/infectious diseases pharmacist at UMMC, Dr. Ha Phan and Dr. Alex Mills, PGY-2 ambulatory care residents at the School of Pharmacy, Dr. Lily Van Cheng, PGY-1 community-based resident at the School of Pharmacy, and Dr. Ganiat Animashawun, PGY-1 pharmacy resident at the G.V. (Sonny) Montgomery VA Medical Center.

During the beginning of the panel discussion, the speakers talked about what interprofessional collaboration looked like at their jobs and gave many examples of how doctors and pharmacists can work together to improve patient care. Dr. Mills recounted a memorable story about how a doctor’s consultation to the pharmacist at a diabetic clinic resulted in dramatic improvement in a patient’s eyesight and attitude toward healthcare providers. The panelists also spoke candidly about barriers such as time and trust that may prevent effective teamwork. Finally, students were able to ask questions that resulted in a lively discussion on provider status for pharmacists and the future relationship between doctors, pharmacists, and patients. When one student voiced her concern that provider status for pharmacists may lead to competition between doctors and pharmacists, Dr. Wingler replied that doctors will still be the expert in diagnosing patients, and as providers, pharmacist will be able to help manage the drug regimen for patients so that doctors can have more time to screen and diagnose patients who need medical treatment.

After the dinner concluded, many medical students expressed their surprise in learning about the multitude of ways in which doctors and pharmacists can collaborate, and pharmacy students were excited to have this opportunity to interact with future doctors and advocate for their profession. On behalf of the M2 and P3 class, we thank the speakers for their eye-opening and thought-provoking discussion. Shout-out to Katie Cranston, the M2 social chair, who coordinated this event with me, and thank you to all the students who came to this dinner. We hope to have more successful IPE events in the future!
A scene of dusk on Magazine Street in New Orleans’ bustling Garden District, a must-stop mecca for fooding, shopping, and exploring.

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One hundred eighty miles south and a touch to the east lies America’s most unique city. As the traditional city debates drone on—New York vs. Chicago, LA vs San Fran, Charleston vs. Asheville, Nashville vs. Atlanta—New Orleans has no peer. Aside from whatever lingering voodoo enchantment that certainly blankets the city’s borders, there’s a palpable spirit of Southern congeniality and French extravagance bleeding from its seams. If you’re from the south, you might be taken aback upon your first visit, but you get it. It makes sense to you. If you’re not from around here, the shock upon arrival to New Orleans can feel like Alice stumbling into a deep-fried Moulin Rouge carnival where everyone is delightful and the food is delicious.

Which brings us to the issue of eating in New Orleans. The options are endless and somewhat daunting. Surely you’ve had numerous recommendations of restaurants, with names you can’t remember, from people lauding over the “best meal of my life.” The James Beard Award (basically the Oscars of American restaurants) for “Best Chef: South” has gone to a New Orleans chef/restaurant 7 times over the past 8 years. So there’s plenty to eat, but where do you start? I know just the place.

FRIDAY

11:20am Hop a train out of town

Consider leaving on a midday train to NOLA. Enjoy a cocktail in the lounge car and catch up on some reading while you don’t worry about where to park in the city. The outbound train leaves at 11:20am sharp, and Amtrak has affordable tickets ($20/weekday $50/Fridays). You’ll make up for the price of the ticket by not paying to park a car, which can run you as much as $50/night.

BY JOHN BOBO
Talk of the Town

4:00pm Pastries and coffee on Magazine Street
Drop your bags off at your AirBNB and take a stroll down Magazine Street. Take in the sites, do some shopping, or stop by La Boulangerie (4600 Magazine St.). This is local celeb-chef Donald Link’s French café filled with neighborhood charm and lots of freshly baked treasures. Order a coffee and an almond croissant and give your time the respect it deserves.

6:00pm Happy hour at Superior Seafood
If you have time and sufficient faith in your appetite, stop by Superior Seafood before happy hour ends at 6:30 for 25¢ oysters and frozen French 75s.

8:00pm Dinner at Commander’s Palace
More than a suggestion, Commander’s Palace is a New Orleans institution. It’s where Emeril cut his chops along with countless others. It’s quintessential French-Creole cuisine (so lots of fish and meat dishes with decadent sauces and perfect presentation) that is always cooked perfectly with impeccable service. Start with the turtle soup, finish with the bread pudding soufflé, and fill in the middle with whatever your server tells you. The whole staff makes you feel like a VIP. My server never left me alone for more than 5 minutes (in a good way) and gave excellent dish recommendations.

10:30pm Jazzy with the locals
Resist the misinformed necessity to hit Bourbon Street, and take an Uber to Frenchman Street. This is where all the locals (and the tourists who talk to them) go to listen to jazz, blues, and soul. Blue Nile is a lot of fun, as well as The Spotted Cat, but truthfully any spot you wander into will be authentic and a real good time.

2:00am Bedtime beignets
At whichever time you see fit (as soon as powdered fried batter becomes more appealing than another Gin & Tonic) take a 10-minute stroll toward the French Quarter, along the bank of the Mississippi River, to the charming and essential Café Du Monde. Get the famously fluffy beignets and a chocolate milk while you people-watch for stumbling Bourbon Streeters doing their very best to stay upright while brandishing neon tubes with straws.

SATURDAY
10:00am Coffee and whatever
First thing on your agenda is to sleep in. If you’re hankerin’ for breakfast head to Willa Jean (call ahead for reservation). If you want to skip breakfast (beignets, remember?), hit snooze and we’ll look the other way. When your feet find the floor, gather yourself and head for a coffee at Stumptown Coffee Roasters or French Truck Coffee. Wander the French Quarter while you decide what to do until lunch. Might I suggest The National WWII Museum?

12:00pm Sandwiches with their own publicist
I have this theory, that even the world’s angriest person would be made well and kind by a good sandwich. It’s all we want in this life. And Turkey and the Wolf has some of the best sandwiches in all the land, and quite possibly my favorite sandwich of all time. Bon Appétit named them “Best New Restaurant 2017.” an award they give to their favorite new joint in the entire country. The Collard Green Melt will make you believe in miracles.

2:00pm Hit a museum, hit blackjack, hit a record escape time
Now I know we’re here to eat, but as a travel guide I’m required to fill the space between meals with other things. With the Ogden Museum of Southern Other great eats

If a place is booked, or you just need options...

La Petite Grocery
Bacchanal
Crescent City Brewhouse
Saffron
Coquette
Peche
Carrollton Market
Elizabeth’s

sandwiches

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Talk of the Town

Art, The Audubon Aquarium and Insectarium, Harrah's Casino or even the zoo, you have so many options. Why don’t you try your hand at one of the many themed escape rooms (cluecarre.com). You just have to decide your quest. Psycho "Saw" serial killer scenario? Or what about a Van Helsing vampire hunter thing?

5:30pm Dinner and whatever you got tickets for

Grab an early dinner. Not only will you make it to your show on time, you’ll be able to have your pick of all the restaurants that had their primetime slots booked last week. On the nicer side Bayona is a great choice (start with the sweetbreads and the fried oyster salad), or Luke for fast casual that still feels fancy (open til 11pm if you want to loop back around later for, I don’t know, some late-night french fries).

9:00pm Ride the carousel with a cocktail

There’s a bar in The Montelone Hotel, one of those beautiful hotels with chandeliers and old New Orleans charm, called The Carousel Bar. It’s a literal carousel that rotates at an almost imperceptible speed. If you’re in the mood to bar hop, walk one block northwest to Arnaud’s French 75 Bar and order their eponymous cocktail. It’s the best I’ve ever had.

11:00pm Ok fine, it’s Bourbon St. time

Because, why not? You can always Uber back down to Frenchman Street later. For something a little more done up (read: no shots being passed around in tubes), check out Bar Tonique. They have creative cocktails chalked on a vibrant menu board with a nightly $5 special. For something more sit-down that’s modern and chic in an LA type of way try Sollou (closes at 11pm). If you’re looking for vibes and ambience (and it’s before 10pm) go to the much photographed Napoleon House, originally built as a refuge for the frenchman himself. If it’s later and you don’t mind walking to the outskirts of the French Quarter, Lafitte’s Blacksmith Shop is reputed to be the oldest bar in the US. They don’t have fancy cocktails (or lightbulbs) but they have a piano bar and very cool vibes in a "hey does this place have functional plumbing?" kind of way.

SUNDAY

11:00am Mediterranean Brunch

It’s amazing how into chef gossip the town of New Orleans is. Ask any local their thoughts on the “Alon Shaya/John Besh thing” and they will proceed to share fully formed opinions with a curious amount of detail. The next thing they’ll tell you is how much they love Saba and how much they support the restaurant’s creator, Alon Shaya. There’s another restaurant in town with his name on it that he is no longer associated with. We’re not here to gossip (you can google the details) but Mr. Shaya has emerged from the drama as a Nola darling and with him one of the city’s best restaurants (get a reservation ahead of time). The pita and blue crab hummus is truly an experience. I still dream about it. The bulgarian feta is fantastic, but there were so many other small plates I wanted to try. The chocolate babka was toasty and lightly decadent. This month nola.com named it best new restaurant. Expect to see it on all of the national best-of-year lists.

late night eats

The belly, she never sleeps...

- Melba’s
- Seaworthy
- Clover Grill
- Cooter Brown’s
- Delachaise
- Bayou Beer Garden
- Hodun
- Popeyes!!!
- Krystal (on Bourbon)

Photo courtesy of Saba Restaurant

The Murmur | OCTOBER 2018
THE HAPPY HOUR RUNDOWN

It’s 5 o’clock in the 601

Offset your student loans with these deals around town. That counts as financial planning, right?

**NEARISH**

**Manship**
M-F, 3-6pm: ½ price pizzas, $2 off craft and import beers, 25% off large format bombers, $5 house wine and barrel picks

**Library Lounge**
M-F, 4-6pm: $5 wells, house wine, flat bread, quesadillas, cheese board

**Lou’s Full-Serv**
M-F, 4-6pm: $5-8 cocktails, $5 snacks

**Deep South Pops**
Daily, 4-7pm: 2 for $5 popsicles, discount on beers

**Fenians**
M-F, 3-7pm: $1 off all drinks

**Wingstop on State Street**
Mon/Tues, all day: 60 cent boneless wings

**A LITTLE WAYS**

**Iron Horse**
M-F, 3-6pm: $1 off pints, $3 MS beers, $4 wells, $5 martinis, $6 house wine

**Parlor Market**
M-F, 4-6pm: $5 wines, $5.5 well drinks, $5 truffle fries

**Ole Tavern on George Street**
M-F, 3-7pm/ Sat, 9p-12a: 2 for 1 wells and house wine, $2 long necks

**Estelle Wine Bar and Bistro**
Daily, 3-6pm: $5 wine and select cocktails, $4-6 small plates, Sunday $17 bottomless brunch cocktails

**La Cazuela Mexican Grill**
Sun-Th, 3pm til close: 2 for 1 house margaritas

**El Charro**
Mon-Th, 4-8pm: 2 for 1 flavored margaritas

**Martin’s**
Mon: 2 for 1 drafts, Tues: 10p -12am $2.25 margaritas, Sat: 11a-2p: $3 bloody marys

**Hal and Mal’s**
Daily, 4-7p: $1 off all drinks

**The Bulldog**
M-F, 11a-7p: 50 cents off pints, $1 off pitchers, $1.50 off house wine, double drinks for the price of a single

**Capitol Grill**
M-F, 3-7pm: ½ price wells, $1 off beers, ½ off certain shots

**Last Call Sports Grill**
M-Sat, 2-7pm: 2 for 1 mixed drinks, $1 off draft beers

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**NEARBY**

**Apothecary**
T-Sat, 5-7pm: $6 cocktails, wine, bar snacks

**Babalu**
M-F, 3-6pm: Flight and bites menu, $10 sangria and tequila flights, $6 beer flights, $3 tacos, $4 sangrias, $5 well and house wine, $6 house

**Barrelhouse**
M-F, 3-6pm: $1 off draft beer, $2 domestics, $3 off wine, $4 well drinks, $5 meatballs (3/serving) margarita ($5 on Margarita Mon)

**Hops and Habanas**
Thursday 6:00-8:00, Pint Night: free pint with purchase

**CAET**
M-Th, 4-6pm: $5.50 snacks, wine, cocktails, sangria, adult slushies

**Pig and Pint**
M-F, 3-6pm: $1 off all draft and bottle beer

**Sal and Mookie’s Pie Lounge**
M-F, 11a-6p: ½ off all bar drinks, Sat/Sun $5 mimosas, bloody marys, bellinis

**Saltine**
Daily, 4-6:30 ½ price draft beers, cocktails, wine, $1 oysters, $3 chicken biscuits

**Sneaky Beans**
M-Th, 5-7pm: $1 off beers; M-F 10a-12pm: free upsize coffees

**Surin**
Daily, 4:30-7pm: $2 off beer, house wine, martinis. 1/2 off select sushi rolls

**Aladdin**
BYOB, 10% off meal with UMC ID

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by Mikey Arceo
Pop Culture Serotonin

Want to know what's making us happy in pop culture? We've collated recommendations for everything from TV shows to Instagram pages to must-see clips on YouTube. page 56

Need to Know
Advice, Recs, and Fun Stuff from the Outside
Need to Know

**EDDIE MAC**

**WHAT** - Aretha Franklin cover “You’re All I Need to Get By”  
**WHERE** - Aretha’s Greatest Hits (1971), on all streaming music outlets  
**WHY** - The Queen of Soul didn’t sing this one first, but like so many songs she covered and came to own, she sang it best. This track is over-the-top in all the right ways: there’s a soaring strings section, a thumping bass guitar, and a syncopated lead-in referencing her famous “Respect.” Aside from the masterful production, the vocals stand out as some of the best in The Queen’s catalog. She deftly slides from her friendly low register to an urgent and sensual gospel-pop belt. Ms. Franklin took a sweet, if not vanilla, Tammi Terrell-Marvin Gaye duet (recently featured in Crazy Rich Asians) and proved that she can do sexy all by herself.

**WHAT** - “Why Not Me?” an essay by Mindy Kaling  
**WHY** - I’m a loyal follower and huge fan of Ms. Kaling, and I fell in love with the very last chapter of her second book that lends its title to the entire collection. In her essay, Mindy responds to a young girl who asked the actress, author, screenwriter, producer (can I just call her a mogul?) where she gets her confidence from. To steal Min’s thunder, she tells the girl to “work hard, know your sh*t, show your sh*t, and be entitled.” It’s good advice for anyone, especially an M3 that sometimes struggles with confidence on the wards (it me!), and I reread this piece whenever I need a pep-talk from one of my favorite pop culture icons.

**WHAT** - The Good Place  
**WHERE** - Seasons 1-2 on Hulu and Netflix, Season 3 premieres September 27 on NBC  
**WHY** - The Good Place is the best and most inventive network comedy that’s premiered in years. It was created by Michael Schur (creator of Parks and Recreation and Brooklyn Nine-Nine; Mose Schrute in The Office), who picked up all the sunshine and humor from Parks, placed it in the afterlife, and stirred in a healthy dose of moral philosophy. I know that sounds like a lot. It is a lot, but it works. Ted Danson and Kristen Bell star, surrounded by a talented supporting and guest cast. Watch the first season and then start listening to the behind-the-scenes podcast so you can impress all your friends with The Good Place trivia.

**MARY MOSES**

**WHAT** - Where’d You Go Bernadette? A novel by Maria Semple  
**WHERE** - any bookstore/online book seller  
**WHY** - Don’t judge this book but it’s red-lipped, sassy sunglass-wearing cover. It looks and reads as easy as a beach read, but the originality of the wit, imaginative plot, and storyline precision delivered through various formats ranging from emails to her “virtual assistant from India” to emergency room encounters post-landslide incidents makes the book phenomenal. Bernadette’s neurotic parenting and paranoia only makes her that much more of an endearing character and laugh out loud hilarious. It’s only icing on the cake that Richard Linklater is making it into movie set to premiere in March with Cate Blanchett starring as Bernadette. Gonna be stellar.

**WHAT** - Meryl Streep Meets Anna Wintour at Vogue (5:36)  
**WHERE** - vogue.com, YouTube  
**WHY** - The most Oscar-nominated actor in history gets interviewed by style icon and longtime Vogue editor-in-chief, broadcasting their fabulous friendship for we the peasants to watch. To say it a treat is an understatement, but it is also a big deal because Mrs. Wintour does not like interviews especially on-screen ones, and we get to see her in her homecourt: her office at Vogue. Former assistant to Wintour Lauren Weisenberger wrote The Devil Wears Prada and made protagonist Miranda Priestly (played by Streep!) bear resemblance to Wintour’s persona but this has never been confirmed. During the interview Anna asks Meryl what her most challenging role has been and she laughingly says, “I should say you” to which Anna says, “we aren’t going there Meryl.” A semi-acknowledgement! Enjoy.

**WHAT** - Florence and the Machine cover “Take Care”  
**WHERE** - YouTube  
**WHY** - An already amazing song by one of our generation’s biggest hip hop artists is taken to another, spiritual level by the mystical power that is Florence Welch’s larynx (she literally goes cross-eyed at 4:49). It’s so satisfying to watch her timidly at an almost whisper introduce the song and pay tribute to The XX (who produced “Take Care”) as well as Drake and Rihanna, and then blast some mighty vocals. As one youtube commenter puts it “Talks like a kitten, sings like a lion <3”

**JOHN**

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Welcome to PCS, where we discuss everything that’s making us happy from recent popular culture and where you can find them.
**WHAT**: Killing Eve  
**WHERE**: Amazon, iTunes, coming soon to Hulu  
**WHY**: An incredible psycho-espionage thriller series from BBC with compelling female protagonists. Sandra Oh (aka Christina Yang) plays Eve, an underappreciated MI5 security officer relegated to desk work and yearning for a more exciting life doing actual spy work. She soon finds herself tracking an international assassin who, it turns out, is dying to meet her too. With a couple of Emmy nominations in the bag, it’s the only show in all of television going back at least a decade, to post week-to-week ratings gains for every single episode over the entire season, according to AV club. This show is perfect for a one season binge when you just need good binge.

**WHAT**: Study Lo Fi Playlist  
**WHERE**: Spotify  
**WHY**: The perfect study playlist when you need something without lyrics but won’t put you to sleep.

**WHAT**: The Marvelous Mrs. Maisel  
**WHERE**: Amazon Prime  
**WHY**: The best new comedy on TV is from Gilmore Girls creator Amy Sherman-Palladino. To any of you who can appreciate the quick banter of The West Wing / Gilmore Girls, an attentively crafted period piece (a la The Crown), and a joyfully nostalgic comedy about comedians, this should be top of your list. Already a winner at the Golden Globes and Emmys for Outstanding Comedy, this is the shiniest coin in our current era of Golden Television.

**WHAT**: Color Pallette Cinema  
**WHERE**: Instagram  
**WHY**: If you love movies and have any bit of art nerd in you or just enjoy gaining insight to a creator’s process, check this account out. They take iconic stills from various movies and break down the color pallette, highlighting how color affects mood and story-telling.

**WHAT**: Velvet Coke  
**WHERE**: Instagram  
**WHY**: Do you love Pop Culture? No but do you L-O-V-E Pop Culture? No other account mines obscure pop culture treasures like @velvetcoke. But the real treasure lies beneath the images, in their thoroughly investigated trivia about each image. So, dump one or two of those metabolic pathways and make room for: Cameron Diaz and Snoop Dogg went to the same high school and/or nobody in the entire cast of Grease was remotely in their teens during filming.

**WHAT**: Letterboxd  
**WHERE**: letterboxd.com and the Letterboxd app  
**WHY**: It’s like facebook for the movies you’re watching. Rank some of your favorite movies, see what your friends are watching, organize movies you’ve been meaning to watch, and see which ones are on the services you subscribe to. Once you’ve collected some movies in your “Watchlist”, you can easily use filters to find something genre-specific to watch that a lot of other people liked. Want an excellent list of recommendations? There are hundreds of “Lists” created by other users like “The Comprehensive Guide to Romantic Comedies,” or the mood-specific “When You’re Feeling a Little Lost” or even “Movies that you (initially) thought were ‘okay’ but hit you so damn hard when they ended.” It’s amazing. I’m determined to make this website catch on.
Need to Know

**MO’s MOVIE MONTHLY**

MARY MOSES HITT

Award contenders are being released by the plenty, cinephiles! Plan your trips to the theater and your wallets accordingly! Pro Tip: The ideal movie theater experience aka the lounge chairs at Tinseltown in Pearl is only $5 all day on Tuesdays.

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**Biopic: “First Man”**

October 22nd

Metascore: 84 | Rotten Tomatoes: 89%

One small step for some men is one giant step for Damien Chazelle as he breaks from his music-based body of work to tell the story of American hero Neil Armstrong. He re-casts Ryan Gosling as his male lead whose portrayal of Armstrong’s road to becoming the first man to walk on the moon is rumored to be more stellar than his Oscar-nominated performance in La La Land. Fresh off her win at the Emmys, Claire Foy gives a strong performance as Armstrong’s wife Janet, emotionally navigating the marital strain garnered from losing a child and her husband’s career calling. Amidst the post-JFK, Cold War era, people all over the world united around antenna-clad televisions to witness this historically landing brought to life on screen by Chazelle and the emotions involved are surely to be perfectly captured by the score done by Oscar-winning composer Justin Hurwitz.

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**Emotions Gauntlet: “Beautiful Boy”**

October 12th

Metascore: 62 | Rotten Tomatoes: 69%

As [future] healthcare providers, we are constantly reminded of the statistics surrounding substance abuse and its related deaths and may even encounter this already in our practice. Based on the pair of memoirs of the same name written by father and son, Beautiful Boy addresses addiction through their journey of loving and supporting through relapse and recovery. Playing our two leading men is Oscar nominees Steve Carell (Foxcatcher) and Hollywood’s current “it boy” Timothée Chalamet in yet another Oscar-buzzing role.

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**Close to Home: “The Hate U Give”**

October 19th

Metascore: 79 | Rotten Tomatoes: 96%

Based on the novel written by Jackson native Angie Thomas, The Hate U Give boldly but beautifully addresses racism and hate crimes through the lens of African American teenager Starr who witnesses her childhood best friend get shot by a police officer for reaching to grab a hairbrush. The conversations sparked by this event bring to light the perspectives, prejudices and microaggressions of all sides of races and socioeconomic classes involved to hopefully bring forth change and unity moving forward. Read more in Ashley Brown’s article!

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**Oscar Season is Coming**

A MONTHLY PREVIEW OF NEW AND NOTABLE FILMS CURRENTLY AT A THEATER NEAR YOU

Oscar contenders are being released by the plenty, cinephiles! Plan your trips to the theater and your wallets accordingly! Pro Tip: The ideal movie theater experience aka the lounge chairs at Tinseltown in Pearl is only $5 all day on Tuesdays.
Every book is ultimately supposed to grasp a reader’s attention quickly, evoke different emotions, and leave a profound effect. Has every book you’ve read “really” done this? Not all of them; however, “The Hate You Give” is a book unlike any other for this next generation of millennials. Not only is it a #1 New York Times Best Seller, but it has also received starred reviews from eight literary journals which is one of the highest honors given to a young adult fiction novel. It is also being published in over 20 different countries. Journals describe the novel as “a vital look at racism and police violence”, “an inarguably book that demands the widest possible readership”, and “a portrait of culture and community and young womanhood.”

Inspired by the #BlackLivesMatter Movement, Thomas’ novel tells the story of 16-year-old Starr Carter, a young black girl from a poverty-stricken neighborhood yet attending an upper-crust suburban prep school, whom faces issues of racism and police violence head on with intelligence, heart, and unflinching honesty after witnessing her best friend be murdered by police and soon after to be found unarmed. His death becomes a national headline, and she is the only one whom can truly speak to what happened that frightful night.

The author, Angie Thomas, is a native Jackson, Mississipian, whom holds a Bachelor of Fine Arts from Belhaven University. Not only a writer, but she was also a teen rapper. She is the winner of the Walter Dean Myers Grant from 2015. A private gala was held at the Mississippi Civil Rights Museum on Wednesday, October 10th, in honor of Angie Thomas’ book as well as the upcoming premiere of the movie, “The Hate You Give”. The book, published in February 2017, led to a movie directed by George Tillman, Jr and screen written by Audrey Wells and Tina Mabry. It stars Amandla Stenberg as the main character “Starr Carter”, Algee Smith whom plays her best friend “Khali”, and Russell Hornsby who plays her father “Maverick Carter”. The movie officially debuted in the United States on Friday, October 19, and grossed over $2.5 million. The private event featured speakers such as Mayor Chokwe Lumumba of Jackson, MS, and Angie Thomas herself. Medical students were able to attend the event thanks to President Joseph Maxwell of the Well Writer’s Guild. Attendees were also able to attend a private screening of the movie held at the Madison Malco Grandview Theater on Thursday, October 11. Many students shared their personal feelings about the movie and how it affected them as African-Americans in today’s society.

After watching the movie, I was filled with multiple emotions: anger, sadness and joy. I know joy sounds weird because of the context of the movie, But I experienced joy because this movie has the opportunity to help change society. For many students that look like me police brutality isn’t something new, but this movie provides the watchers whom are not as familiar with a different perspective.

— J’Undra Pegues, M3

As a black male, I experienced so many emotions while watching “The Hate U Give.” What was most important to me was Russell Hornsby’s portrayal of Maverick. Maverick represents the necessity of a father figure while also showing the different struggles that black men are subjected to by society.

— Lorenzo Spencer, M2

The movie was eye opening for me because it demonstrated how African Americans often more than not find themselves battling between two different versions of themselves. For example, Starr was a black girl from a poor neighborhood on one hand; however, a good student at a majority white prep school on the other. In today’s climatic political world, this book can help society understand one another without being subjected to a stereotype.

“The Hate You Give” is being compared to Harper Lee’s, “To Kill a Mockingbird”. I know majority of us are deep in study books and rotations, but if you find time and want to elicit a deep emotion within, pick up this book. You’ll find yourself grasping for more with the turn of every page and possibly even a new mindset once you finish it.
**CRITIC’S CORNER**

**A REVIEW BY SHANU**

If you thought Anna Kendrick surely would not bring those same traits of peculiarity, sincerity, and quirkiness you’re accustomed to seeing her play in her typical family-friendly romantic comedies to a mysterious thriller, don’t be fooled. She’s still herself, and those behaviors are what brings oddity placed, midst episodes of comic relief in an otherwise dark, unsettling, and odd film. However, this movie gave me the impression that it was trying too hard to make some convoluted story work that seemed like it was being fabricated as it progressed as each secret and plot twist is unraveled in which the viewers could not have possibly guessed, and it should have stopped trying about 30 minutes before it finally ended. It was like there was too much plot that there wasn’t a clear plot. So, if you were planning on pretending to be the Sherlock Holmes and predicting the plot, think again. Just sit back and enjoy 2.5 hours of fashion queen Blake Lively confidently pulling off menswear and Anna Kendrick being her eccentric self like you’ve seen while solving mysteries unlike you’ve seen.

Don’t get me wrong, it was entertaining enough for at least a onetime viewing. But when deciding whether to spend the big bucks for tickets and concessions or rent later, I’d say you can definitely wait to stream this one in the comfort of your PJs while eating microwave popcorn. To sum up this movie in one line: It’s Gone Girl...with humor. Disclaimer: Shelby Sattler came up with that, but I couldn’t have said it better myself.

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**THERE THERE | BY TOMMY ORANGE**

Published June 5, 2018

Orange’s first novel ‘There There’ is earthshattering. The National Book Award for Fiction longlisted novel follows the lives of several Native American Indian characters on their journey to the Oakland Powwow and unveils stories many of us just do not hear. This novel shouts something unheard before its publication. Early twenty-first century literature will be known by the pointed cries of the underrepresented, and ‘There There’ will be a novel literature students will study a hundred years from now. Allow yourself to be shoved into the shoes this novel makes you wear, and walk the mile it travels; you will not be sorry.

Of the books I have read in 2018, this is one of two that left my jaw dropped and kept me up at night. 5/5 stars and a standing ovation.

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**DESPERATION ROAD | BY MICHAEL FARRIS SMITH**

Published February 7, 2017

Mississippi author Michael Farris Smith can write, and his characters are all of us and everyone we know—and they’re who we take care of in our hospital. Russell Guines, McComb native, has just been released from Parchman prison and needs to re-establish some normalcy in his life. Maben and her daughter trudge the long hot summer trek along I-55 in need of shelter and solace. Violence weaves a tangled web between these two characters and across the state we call home, and desperation road leads to redemption in a devastatingly beautiful novel you won’t forget. Another mind-boggling 5/5 for me!
News You Can Use

Medical professionals and students alike don’t often have time or energy to keep up with news from around our State, Nation, and Globe. Here are some things you may have missed while you were healing the sick:

The biggest news unfolding throughout the month of September was the contentious confirmation hearings for Supreme Court nominee Brett Kavanaugh (who is now an Associate Justice on the High Court). As the month began, it was obvious that the hearings would be politically charged, as Judge Kavanaugh had been nominated by President Trump to replace one of the “swing votes” on the Court: retiring Justice Anthony Kennedy. By the month’s end, three different women had emerged, accusing Judge Kavanaugh of sexual misconduct in his youth. In back-to-back public hearings on September 27th, Dr. Christine Blasey Ford (one of the accusers) and Judge Kavanaugh dramatically testified to the Senate Committee on the Judiciary regarding these allegations. This led to a week-long FBI investigation which “found no corroborating evidence” to her claims. The opposing candidate, current President Luis Inacio Lula da Silva, was in prison and banned from campaigning – penalties imposed after his conviction for corruption. [SOURCE: The BBC]

Late in the month, the Dallas Police Department fired police officer Amber Guyger, who faces manslaughter charges after tragically killing 26-year-old Botham Jean in his apartment which Ms. Guyger mistook for her own home. “The swift termination of any officer who engages in misconduct that leads to the loss of innocent life is essential if the Dallas Police Department is to gain and maintain the public trust,” Dallas Mayor Mike Rawlings said in a statement. [Source: REUTERS]

Other Global news stories included Typhoon Jebi’s destruction of parts of Japan in what was described as the worst typhoon in 25 years; British authorities charging two men with the attempted assassination of former KGB spy Sergei Skripal and his daughter Yulia and the Kremlin’s denial of the allegations, suggesting the two Russian operatives were visiting the U.K. as tourists; the European Union establishing legal trade with Iran as a work-around for Iranian trade – despite heavy United States sanctions against the Islamic Republic; continued natural disasters around Indonesia including a powerful 7.5 magnitude earthquake which triggered a subsequent tsunami; and continued trade disputes between the U.S. and China, who on September 23rd stated that the U.S., “is holding a knife to our neck” to force trade concessions.

Late in September, State Auditor Shad White announced the largest government embezzlement case in recent years when he revealed the findings of a year-long investigation into Coahoma Community College. Two former purchasing employees had used college credit cards and checks from 2013-2017 to make more than $750,000 in personal purchases. “This is really a heartbreaking situation for this community and this college,” White announced the largest government embezzlement case in recent years when he revealed the findings of a year-long investigation into Coahoma Community College. Two former purchasing employees had used college credit cards and checks from 2013-2017 to make more than $750,000 in personal purchases. “This is really a heartbreaking situation for this community and this college,” White announced Monday. “These colleges are the lynchpins for these communities. As I was learning about this case, I was sitting and imagining what that money could be used for in this community, and it’s just heartbreaking.” [SOURCE: Clarion Ledger]

This author’s recent soundtrack has been Strange Trails by Lord Huron. Released in April 2015, this album was the second full-length release by the Los Angeles-based band. Their third album, Vide Noir, was released in April 2018. This author did a great deal of travel throughout the month, and Strange Trails’ rich autumnal vibrations provided the perfect sonic backdrop for extended periods of time alone on the highway.

Need to Know