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

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.

Fried chicken …

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.
Before the credits roll, we must give credit where credit is due. And that goes to our loyal customers, who inspire us to provide award-winning service year after year. People you trust. Advice that works.

Trustmark National Bank received the highest score in the South Central region in the J.D. Power 2016 and 2018 U.S. Retail Banking Satisfaction Studies of customers’ satisfaction with their retail bank. Visit jdpower.com/awards.

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TAKE TWO.

“The University of Mississippi Medical Center

“Highest Customer Satisfaction with Retail Banking in the South Central Region 2 out of 3 Years in a Row.”
Greetings, Fellow Students, Faculty, and Staff,

This school year is already off to a busy start with a number of events having occurred just in the first month of school, including the Interprofessional Engagement Fair, the Back to School Bash, and UMMC CommUNITY Day.

The Associated Student Body (ASB) has recently held its first ASB Council meeting of the year where topics such as a covenant for all UMMC students, the ASB budget, and water bottle filling stations were discussed. In addition, the ASB held its first Roundtable discussion session where students were solicited for campus needs and concerns. 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. Lou Ann Woodward, the Vice Chancellor of Health Affairs, to discuss current student events and to voice any relevant student concerns to the administration.

Later this month, the ASB will also continue its sponsorship of the Interprofessional Education Opportunities for the 2018-2019 school year with its second event on September 26. This second event is the first of a series of seven seminars featuring interdisciplinary topics. By attending these seminars and submitting the corresponding Canvas assessments, students can earn digital credentials for student professional development. Six of these seminars will also be eligible for continuing education credit for faculty and staff. More details on these seminars can be found in this issue.

As always, remember if you ever need anything, anything at all, please feel free to contact me to pose any questions or express any concerns.

Yours in Service,
Edgar R. Meyer

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UMMC Associated Student Body
@UMMC_ASB
UMMC_ASB
UMMC_ASB
@umc.edu

President - emeyer
T: (662) 719-0276 (cell)
Vice President - rwood
Secretary - mbcobb
Treasurer - ahuff2

A Monthly Word from the ASB President

ASB Notes

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

Keepin' it Old School

Ford Franklin investigates the origin of one of UMMC's most defining features page 10
The afternoon sun is softened by the yellow brick of the new School of Medicine building, with only the occasional ray of light dancing off the large glass windows as you approach from the north. The brick is welcoming and familiar to UMMC students, faculty and staff; far less ostentatious than its red cousin and more reassuring than, say, stucco. The yellow brick, laid in running bond, serves as our chauffeur through time, a common thread on UMMC’s campus from 1955 to 2018. Newer buildings on
The bricks have given the campus a consistent, planned look—unlike some of our sister academic health centers in other states.

—Barbara Austin
Director Emeritus UMMC Public Affairs

Campus incorporate more concrete and glass than the older ones for a touch of modernity: contrast the old hospital with the new Translational Research building. But they all welcome visitors with certain warmth, a shining beacon that rises from the gray concrete and black asphalt that surrounds the campus.

But, really, why are the buildings yellow? Was it more cost efficient at the time? Or was it an afterthought that has stuck with us 60 years later, the butterfly effect played out in architectural design? And while we’re nitpicking, is it really yellow, or more of a tan? Beige? Taupe?

Most of the answers, as it turns out, are fairly simple. Dr. Jonathan Wilson, Chief Administrative Officer at UMMC, explained that this type of brick is called “blonde brick” owes its lighter color to a lower iron content than the clay used for red brick. According to Barbara Austin, Director Emeritus of Public Affairs at UMMC, “the blonde brick was in vogue at the time the original T-shaped building was designed and constructed in the early 1950s, and that’s why our first architects selected it.”

Most of the answers, as it turns out, are fairly simple. Dr. Jonathan Wilson, Chief Administrative Officer at UMMC, explained that this type of brick is called “blonde brick” owes its lighter color to a lower iron content than the clay used for red brick. According to Barbara Austin, Director Emeritus of Public Affairs at UMMC, “the blonde brick was in vogue at the time the original T-shaped building was designed and constructed in the early 1950s, and that’s why our first architects selected it.”

The committee published the Medical Center’s first long-range plan in 1960 after several years of consultation with Todd Wheeler, an architect and partner in a Chicago planning firm… The original long-range committee asked architects on building projects to use the blonde brick to give the campus a unified, consistent appearance. And certainly, it has.” Wheeler, the Chicago architect, specialized in construction of hospital and medical schools and served as acting state architect for Illinois from 1951-1952. His opinion was highly regarded at the time UMMC was constructed, so the decision to use blonde brick for every building was an easy one. It’s why you see the same color brick on every structure on campus, from the main hospital down to the barrier around the dumpster outside the pharmacy building. “I’m glad we stuck to it for our building exteriors. Its use has given the campus a consistent, planned look—unlike some of our sister academic health centers in other states”, Austin said.

Now, one’s opinion of how the blonde brick contributes to the overall look of the campus is a more complicated issue. When asked for his thoughts, Dr. Jerry Clark, Director of Student Affairs for the School of Medicine, noted that the new School of Medicine incorporates older design elements, such as the blonde brick, with newer ones such as natural light and soothing colors to contribute to student wellness. Austin was less approving, but kept sight of what is important. “Currently, the campus is a mess. It’s hard to navigate even for those of us who ‘grew up’ with the institution as it expanded. But all the construction underway today has the same purpose Medical Center growth has always had: to help Mississippi meet the identified needs of the state for health professionals and health care.”

UMMC’s blonde brick is a throwback to the early days of the state’s premier academic health center, but it is now incorporated in state-of-the-art buildings that use the newest technology in healthcare education. Here on campus, you will find a variety of opinions on how it looks, but its most important job is to provide a home for healthcare in Mississippi.
Around the U

name the best thing about Jackson
THE WEATHER
the worst thing about Jackson
POT HOLES
one thing you can’t live without at work
FUN SIZE SNICKERS
favorite food
PIZZA
favorite pizza in town
THE SPICY SHRIMP PIZZA AT NEWKS
least favorite food
BAD SEAFOOD
tea or coffee?
TEA
favorite tea
HARNEY AND SONS CINNAMON TEA
favorite holiday to celebrate
CHRISTMAS
historical character you’d like to have coffee with
HENRY VIII
nickname
NONE THAT ARE PRINTABLE
any tattoos?
NO, MY PAIN THRESHOLD IS WAY TOO LOW
name of your first pet
MUFFIN
favorite celebrity you’ve met
ONE TIME WE SAW JULIA ROBERTS IN DESTIN BUT I THINK IT WAS A DRAG QUEEN. SAME BIG HAIR, MOLE IN THE SAME SPOT BUT... NOT HER
name the best thing about Jackson the weather
the worst thing about Jackson pot holes
one thing you can’t live without at work fun size snickers
favorite food pizza
favorite pizza in town the spicy shrimp pizza at newks
least favorite food bad seafood
tea or coffee? tea
favorite tea harney and sons cinnamon tea
favorite holiday to celebrate christmas
historical character you’d like to have coffee with henry viii
nickname none that are printable
any tattoos? no, my pain threshold is way too low
name of your first pet muffin
favorite music instruments?
no but i wish i could be a violinist. they look smart
favorite sport
TO WATCH. FOOTBALL, TO PLAY. BASKETBALL
favorite pro teams
ANYTHING CLEVELAND. INDIANS AND CAVALIERS
how mad are you at LeBron?
HE WASN’T THERE WHEN WE WERE IN CLEVELAND, BUT THE LOCALS WOULD REGULARLY BURN HIM IN EFFIGY
favorite band
kobe, michael, or lebron?
michael. no question
favorite thing you’ve done this week
COOKING PARTY OUT IN LIVINGSTON FOR MY BIRTHDAY
one cause that’s dear to your heart
KIDS WITH SPECIAL NEEDS. EPILEPSY IN PARTICULAR
one thing people don’t know about you
I’M A TREMENDOUS INTROVERT
first car
1989 WOOD PANNELED DODGE CARAVAN... WE CALLED IT THE SHAGGIN WAGON
go to karaoke song
“EVERY ROSE HAS ITS THORN” IF I WERE BRAVER, THOUGH... “BOHEMIAN RHAPSODY”
Tell us a little bit about yourself. How did you end up here at UMMC?

I am a Mississippi native and grew up in a small town (Jonestown) in the delta. I attended the University of Mississippi as an undergraduate and earned the master’s degree at Jackson State University where I met my wife. After marriage we moved to Buffalo New York and I worked as a research scientist at the State University of New York nearly ten years. While there, our daughter was born. Wanting to return home to our roots in Mississippi, I continued my research efforts at UMMC and earned my PhD in anatomy. I have now been at UMMC over 25 years.

What do you enjoy most about teaching?

My favorite part is the interaction with the students. I thoroughly enjoy classroom time with them, especially small groups where I can spend time with the students in a small group setting. Observing the students master the course material is very rewarding, especially knowing that I helped in a small way facilitate their medical education.

Any advice to students?

Keep a good balance. While in medical school, your course work should be a top priority. However making time for family and leisure time is also important.

What do you enjoy outside of work?

I like studying the Bible, playing computer games, watching movies, and spending time with my wife and daughter.

What is your favorite:

- **vacation**: Going back to Buffalo, NY to visit friends
- **season**: Fall. The cooler weather is a nice relief from hot Mississippi summers
- **food**: I like a variety of different types of food: Southern, Italian, Chinese and Mexican
- **movie**: Action movies are my favorite
- **sports team**: I don’t have a favorite team but I will cheer on the Mississippi State University bulldogs (my daughter’s alma mater) and the New England Patriots.

Interesting fact people might not know?

I’m pretty computer savvy and have built several computers. I like computer technology.

Best experience teaching?

Seeing students I taught during their M1, M3 and M4 years complete medical school and receive their MD degree at graduation. The road from M1 to completing medical school is a long and arduous journey and it makes me proud to see our talented students accomplish this goal.

Any funny story/last tidbit for readers?

My last tidbit would be a word of encouragement to students. Stay focused on your goal of becoming a physician. When you feel challenged or discouraged, remember why you want to become a physician. The reward is right around the corner and be proud of the accomplishments you have achieved thus far!

---

“**When you feel challenged or discouraged, remember why you want to become a physician. The reward is right around the corner and be proud of the accomplishments you have achieved thus far!**"
Around the U

**ASB INTERNATIONAL FOOD FAIR**

**THURSDAY, OCTOBER 18TH**

$5 cover charge at the door
11:30am – 2pm

**IN STUDENT UNION 2ND FLOOR BALLROOM**

Contact Wisam at wbeauti@umc.edu or text 601-447-3873 if you’d like to cook a dish and serve it to represent your country. Supplies will be provided. Deadline Oct. 12th.

The Jackson Metro’s Craft Beer Bar and Bottle Shop and Fondren’s Premium Cigar and Pipe Shop

**HOPS & HABANAS**

2771 Old Canton Road near Cups
SERVING PINTS & GROWLER FILLS FROM OUR 24 TAPS • KEGS
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ASB INTERNATIONAL

FOOD FAIR

THURSDAY, OCTOBER 18TH
6 TECHNOLOGIES YOU DIDN’T KNOW EXISTED IN MEDICINE

BY: SARA KIPARIZOSKA
TECHNOLOGY IN MEDICINE INTEREST GROUP

EVA Bra
The sexiest type of lingerie is the kind backed by Y Combinator. EVA is a bra designed to use thermal sensation and map the thermal data of the breast, to help detect breast cancer earlier. Put on the bra, connect via Bluetooth to your phone, and wait for EVA to tell you if there was a risk detected using a specific AI algorithm. EVA’s sensitivity is 89.9% and specificity is 81.7%. The company has a female founder and is expected to start selling the bra in Mexico by end of 2019.

higia.com

RightEye
RightEye is a software that analyzes eye movements to diagnose a concussion. Meant to be used on the sideline of “Friday night lights”, RightEye claims this is a cost effective way to screen for concussion (cost for the program is not listed on the website). The company has similar methods to screen for Parkinson’s and Autism. Just earlier this year, the FDA also approved a blood test to aid in the diagnosis of concussion. HYDR!

righteye.com

Mira Fertility
For only $199, Mira is an at home mini urinalysis lab. Mira uses LH levels to track and analyze a woman’s fertility window. Different from other devices, Mira tracks LH levels and uses AI to predict a woman’s fertile and infertile days. Mira launched just last week and is already on backorder.
miracare.com

Portable EKG by Kardia Band
Take a medical EKG anywhere in just a few seconds. KardiaBand $199 and KardiaMobile $99 are programs that detect the heart’s rate and can identify arrhythmias within 30 seconds. FDA cleared, the device allows patients to know their own heart rhythm and record it for further analysis by their doctors. The device has started to become approved for physician reimbursement and I’ve seen it used by patients at UMMC.
alivecor.com

Digging this article? Email skiparizoska@umc.edu to see how you can join TIM, Technology in Medicine Interest Group.
Around the U

ASB Bulletin Board

Join the ASB for a Roundtable discussion...

All Students are welcome!

Participate in discussions on relevant topics.

Learn about upcoming events.

Voice your concerns.

Offer suggestions for activities.

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

- Sept. 13, 2018 @ Noon - ASB Suite
- Oct. 11, 2018 @ Noon - Board Room
- Nov. 8, 2018 @ Noon - Board Room
- Jan. 10, 2019 @ Noon - Board Room
- Feb. 14, 2019 @ Noon - ASB Suite
- Mar. 14, 2019 @ Noon - Board Room
- Apr. 11, 2019 @ Noon - Board Room

For more information, please contact ASB Chief of Staff Jenny Tran at jntran1@go.olemiss.edu

Interprofessional Education (IPE) Opportunities 2018-2019

All Students, Faculty, and Staff are welcome!

Participate in student professional development or continuing education.

Add to your CV.

Gain skills for inter-disciplinary healthcare.

IPE Seminar #1
Food will be provided to the first 75 attendees.

"You Are Not an Island: A Message from the Deans"

Wednesday, September 26, 2018 @ Noon
Student Union (Ballrooms A, B, and C)

Future IPE seminars (Locations TBD):
Seminar #2 - Oct. 30, 2018 @ Noon
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

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

Faculty: Earn CE credits beginning with Seminar #2.

In the professions:

Educate (IPE) Opens
(Open Educational Resources) 2018-2019
UMMC School Cup

Point Values:
1st = 75 pts
2nd = 50 pts
3rd = 25 pts

How to Earn Points:
• Participate in ASB-determined activities

Point Values
• Awarded based on each school’s percent participation

Champion School
• Engraved Trophy for School’s Display
• ASB-sponsored End-of-Year Party

Expanded care hours are here.

Family Medicine Offers
7:00 am | Noon | Same Day Appointments.
Call 601.984.6800.

Turn to us for:
• Screening and care for diabetes, high blood pressure, high cholesterol, asthma, and heart disease
• 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
• Geriatric care

Check your email & buy a T-shirt!
Deadline: Oct 29

The Fall semester is starting to get into full swing and that means UMMC parties and college football are right around the corner. So, whip out your calendars and keep these dates in mind for the UMMC events this semester.

Halloween Party
Where: Hal and Mal’s
200 Commerce Street
When: Friday October 26
Band/DJ: Logan Garrett

Claus Ball
Where: The Railroad District
824 S State Street
When: Friday December 7
Band/DJ: 2 Hipnotic

UMMC Trivia Night
Where: Sal and Mookie’s
565 Taylor Street
When: Monday October 1
6:00pm buffet dinner,
7:00pm start
What: Trivia, Prizes, Pizza!
Who: Up to 25 teams of 6 players,
$60 entry fee per team
Sponsoring: Jackson Free Clinic

Patrick Wood, M4
UMMC ASB Vice President
Rwood@umc.edu
(601) 668-8115

UMMC’s biannual Trivia Night kicks off the first Monday in October at Sal and Mookie’s! Trivia will consist of general trivia rounds, each with a theme. Each team will consist of 6 players. Any team with more than 6 will be asked to join another team or sit out for questions. Food and drinks are included and options will consist of a buffet, ice cream, and non-alcoholic beverages. Bar options will be available for individual purchase (cash/card), if you are interested.
5 ways to support the Jackson Free Clinic

1. **Volunteer this Saturday!**
   Be on the lookout for our weekly e-mail with a link to the sign up sheet. Contact Hannah Miller, Ford Franklin, or Monica Nguyen for more information! (hmmiller@umc.edu, jfordfranklin@umc.edu, dnguyen2@umc.edu)

2. **Purchase a JFC t-shirt or scrubs**
   Visit the JFC store at jacksonfreeclinic.org. We just got some new scrubs in, get ‘em while they’re hot! Contact Patrick Wood or John Bobo for more info (rwood@umc.edu, jbobob@umc.edu)

3. **Register with Amazon Smile**
   Visit smile.amazon.com and search for Jackson Free Clinic for the Homeless. 1% of each purchase you make on Amazon will be donated to JFC.

4. **Add your Kroger Plus Card**
   Google “Kroger Community Rewards,” and click the first result. Select “Create an Account,” and add your info. Click on the link within the confirmation e-mail you receive, visit your “Account Summary” page, and add your Kroger plus card number in the “Plus Card” section. Scroll down to the “Community Rewards” section at the bottom. Our organization number is 32010 and our name is Jackson Free Clinic for the Homeless.

5. **Add your mom and dad’s Kroger Plus Card!**
   They’ll understand. You’re so #philanthropic
My Journey Into Medical School

Everyone has a path to get to where they want to be in life. Some have a straighter road going from college straight into medical school; while others have to wiggle their way through. Let’s just say my road was a little curvy and a little longer than most. I actually used to want to be a teacher. My Journey Into Medical School

After high school, the road began to building my CV by taking majority science, chemistry, physics, and math courses required for entry into medical school all while being in honors college and writing a thesis. Then the dreaded MCAT. The day I received my score I felt like my whole plan had been demolished. It just wasn’t up to par of what I felt my peers around me were discussing leading me to not even apply to medical school that year. However, I was still focused on Sickle Cell. So, I completed a Master’s in Public Health with an emphasis in Biostatistics and begin exploring a career in research. In order to graduate from my program, one must complete a semester long internship with a public health entity. I went out on a limb and emailed a Pediatric Hematologist, Dr. Winfred Wang, at St. Jude in Memphis, Tennessee just to see if I could possibly get the opportunity to learn from a pioneer in the field. Who knew that would lead me to completing my internship AND getting a job offer after graduation?! St. Jude was the absolute best place to work. People always asked is it sad? or do you not cry? To be honest, it was the total opposite. It was far from a hospital, with kids running and playing, and halls lined with children’s artwork and pictures. As a research hospital, my job with the Hematologic department was making sure patients and families were aware of the research projects in the department, consenting them if they chose to participate, overseeing the data collection, and most importantly, maintaining their confidentiality. I was able to work with patients ranging from babies to teenagers with bleeding disorders varying from mild thalassemia to severe hemophilia. Most of my projects were dealing with Sickle Cell disease because St. Jude is one of the largest Comprehensive Sickle Cell treatment centers in America catering to mainly Tennessee, North Mississippi, and Arkansas. Watching physicians have their hand in both treatment and research, my mind was made up to try again for medical school – FOUR YEARS later. I was working fulltime forty hours a week and studying for the MCAT fulltime in the evening at about thirty hours a week. Did I mention Dillard’s part-time as a shoe salesman (primarily for the discount)? However, it all paid off when the School of Admissions called me to say I had been accepted.

Now as a third-year medical student who took a “nontraditional” route, I look back on my journey and am happy that I participated in that blood drive and grateful that Dr. Wang and Dr. Nottage took a chance on me and for being able to work at St. Jude, because those two experiences led me to one of the most challenging, yet rewarding journeys of my life. This journey has tested me and continues to test me mentally, physically, and emotionally, but like Dr. Jackson always says, “There is light at the end of the tunnel”, and I’m halfway there. -Ashley

Ashley Brown, Medicine, 3rd Year

I, however, went straight for the school supply section looking for chalk or fancy pencils. To be honest, you may still catch me every now and then in the back of TJ Maxx looking at the fancy notebooks. Medical school stumbled in my life by way of a blood drive. Yes, a blood drive was what started this whole escapade. Every year my school hosted a blood drive, and one year I decided to take part. It felt good to know that I was doing something that could potentially save lives. Lo and behold, three weeks later, I got a letter from Mississippi Blood Services that read, “We thank you for your donation, but unfortunate-
A lesson I regrettably had to learn the hard way…

All in all, being on pediatric wards during all of this, has been so amazing. While, I may need to expand my scope of studying to include a little more than Parenting for Dummies, I’m super thankful for everything I’ve learned from pediatrics about parenting Charlie and from parenting Charlie about pediatrics. -Steven

I have only lived in Jackson, Mississippi for three months now, but I have had a world of experiences in this brief time. William Faulkner said it best, “To understand the world, you must first understand a place like Mississippi.” I had reservations about moving here to begin school because I have heard many stories and comments that created a negative image in my mind. Unfortunately, I let this cloud my perception of Mississippi and her people. When I moved to Jackson, I brought an overabundance of clothes and shoes and unfortunately also prejudice towards what I considered a less than ideal new home. Fortunately, the great people of Jackson, Mississippi did not let me wallow for long in my errant thinking.

About two weeks after my move to Jackson, I met Peggy the ex-librarian at Gateway Rescue Mission, and she quickly began to change my mind. She was serving dinner like she always does twice a week and kindly shared her story with me. She volunteers each week to feed people at the homeless shelter because she saw them as hungry humans, not as a person with a sign to avoid making eye contact with at a red light. Peggy was a librarian who worked in the Jackson area until she retired last year. When I asked her why she volunteered, she said this, “My friends laugh at me for coming here, but I know if I had a son who was on the streets, I would want someone to feed him.” And then she told me she’d be right back as she walked over to a table and sat down next to one of the homeless man and asked him about his day. This conversation stuck with me, and I thought about it for several days because it did not make sense. Peggy had no obligation to help these people and she received nothing in return, but she cared. She empathized with them and engaged with people who were neglected and struggling. I thought it was a kind sentiment, but I completed my obligatory volunteer hours and carried on with my life.

About a week later, I begin to have trouble with my car. It died and so did my way of getting to school. “Do you need help?”, I heard someone holler. My neighbor saw me trying to crank the car. Up until this point, I never spoken with my neighbor. But in that moment, he came over, introduced himself, and offered to help. After no success with starting my car, he offered me his so I could get to school. He gave me his number, the keys and told me to have a good rest of the day. He said, “Just don’t drive off to Mexico or anything! Bring the car back Saturday.” I don’t know if he was crazy or incredibly trusting, but he left his car to a complete stranger that night. My neighbor had absolutely nothing to gain but saw that I needed help and empathized with my problem. This was so uncalled for; I had done nothing to earn his trust or generosity.

These two experiences are not isolated events; I have experienced other people’s kindness countless times since moving here. They include but are not limited to: a professor giving me zucchini from her garden, a classmate helping me jump off my car not once but twice, friends inviting me over for the Fourth of July because I couldn’t go home, people opening their home and sharing a meal, and friends listening to me voice my struggles about trying to put down roots in a new city. They have shown me great kindness, and I hope I become more like them. I want to be like Peggy, looking past the appearances of people and engaging them with thoughtfulness. I want to be like my neighbor, seeing a need and helping with the resources I have. As I settle into my new home, I am still trying to understand Mississippi and make sense of her kindly peculiar people. I am thankful to have known and experienced the generous empathy of people of Jackson, and I hope the concept of their kindness sticks with me like the clothes on my back in the Mississippi humidity.

If you have a personal essay in you contact jfbobo@umc.edu and let’s talk about it

Student Stories

The Murmur wants to hear from you!
Pharmacists are the most accessible health care professionals, yet they are arguably one of the most underutilized, mainly due to the mentality that pharmacists “just count pills.” Dispensing is only a small portion of what a pharmacist is able to do. Within pharmacy, there are countless opportunities to pursue, including, but not limited to, community, institutional, regulatory, industrial, and ambulatory, and my experiences and exposure throughout my tenure at the University of Mississippi School of Pharmacy have taught me that pharmacists play a vital role in healthcare and the patient care process.

After three years of classroom lectures, projects, and exams, I was finally able to start my Advance Pharmacy Practice Experiences, commonly referred to as APPEs. My final year consists of ten one-month rotations at various practice sites, ranging from a community pharmacy to institutional pharmacy in settings such as the critical care unit. At these institutions, I am able to apply the skills and knowledge I learned to real-life situations. My first rotation was with Dr. Laurie W. Fleming, a Clinical Associate Professor and Ambulatory Care Pharmacist in UMMC’s Endocrinology Clinic. Her roles at the clinic include performing medication reconciliations and providing patient counseling and recommendations for medication therapy. She states, “Pharmacists are uniquely trained to identify medication-related problems that can potentially impact a patient’s disease state and control overall health. Many times, these problems can be related to affordability, improper usage, and transitions of care. I love being able to make personal connections with my patients, listen to their stories, and ultimately, find small ways that we can improve their medication adherence and quality of life.” During the rotation, I was able to counsel patients about proper diet and exercise; provide recommendations to make medications more affordable or for therapeutic reasons; and form relationships with the patients. These “small ways” made major impacts on the patient because each patient left the clinic more comfortable with their medications and lifestyle modifications.

My next rotation was at the Wiser Hospital for Women and Infants in the Neonatal Intensive Care Unit. My typical day started with multi-disciplinary rounds, which included physicians, nurses, nurse practitioners, respiratory therapists, and dieticians. During rounds, I was able to witness my preceptor, Dr. Amanda Capino, Clinical Assistant Professor of Pharmacy Practice, answer drug-related questions and recommend various drug therapy when necessary. This month, I am at Forrest General Hospital in the Critical Care Unit. I have been able to participate in drug consultations, including anticoagulation and antibiotics, and have led discussions pertaining to hospital-acquired pneumonia and sepsis.

Although my experiences at these practice sites have varied, the role of the pharmacist remained the same, and that is to always provide the most optimal healthcare to the patients.

Today, the role of a pharmacist goes beyond “just counting pills.” I have been able to make drug recommendations; monitor labs and other data; create an antibiogram to present to hospital committees; and even perform CPR, and this is just a small list of my experiences and what pharmacists can do in any setting. I cannot wait to experience more as a student and future healthcare provider in order to be a servant leader and reliable drug information resource in healthcare. - Jenny
On September 6, the Family Medicine Interest Group (FMIG) hosted a luncheon featuring family physician Dr. John Vanderloo. A practicing direct primary care (DPC) physician at NewCare MD clinic, Dr. Vanderloo discussed the ins and outs of how DPC works. Students from various represented interests attended the luncheon to hear about this innovative model of health care. In the DPC model, doctors are paid directly by their patients, rather than through some other third party such as the government or health insurance companies. Patients pay a monthly membership for services. Dr. Vanderloo compared it to a gym membership fee.

Dr. Vanderloo emphasized many points throughout his presentation, particularly about how this model seeks to overcome many barriers for indigent, underserved, and non-insured patients. Furthermore, he also explained something that’s attractive to him about this model: its transparency with payments with his patients as well as the focus on the patient doctor relationship. The NewCare MD DPC clinics also offer unlimited patient visits as well as HIPPA approved tele-health phone apps to their patients.

As an aspiring family doctor, I was encouraged by how many people showed up to this luncheon to learn about this new practice model. Many people are suspicious of this type of practice or they have vociferous apprehensions about it. But no matter what side of the fence one falls on, learning about this practice model is helpful insofar as many of our patients will have heard of or been exposed to, or even participated in, DPC. It’s always good to be educated as a clinician or physician in training.

Dr. Vanderloo is a member of the American Academy of Family Practice, the Mississippi State Medical Association, and the Mississippi Academy of Family Practice where he has served as a resident board member. He was recently elected as Treasurer of the Mississippi Academy of Family Practice Foundation. Dr. Vanderloo is also an inaugural member of the Vice Chancellor’s Residents Group of Fellows on Health, Engagement, Advocacy and Leadership (“HEALing” Fellows). He is board certified in family medicine.

Weston D. Eldridge,
M2 FMIG Class Representative

Pro tip: Interest Groups are a great way to get involved and be exposed to the many facets of healthcare

October 23th: First interest group lunch meeting
Dr. Parry will be speaking on “How to Deliver a Baby and How This Can Prepare You for 3rd/4th Year and Residency in Any Field”
Time: 12pm
Location: R153
There will be FREE pizza!

October 18th: OB/GYN Annual Simulation Night
Events including knot tying, suturing, hysteroscopy (think surgical video game), vaginal birth, and more!
Time: 5:30-7:45
Location: SOM, first floor (where all the tables are)
Dinner included
RSVP event only! Sign-up email will be sent out this month.

Rachael Kuehn
OB/GYN IG Vice President

Pro tip #2 Interest Groups are a great way to blah blah blah free pizza til your heart hurts :)

Pro tip: Interest Groups are a great way to get involved and be exposed to the many facets of healthcare
Around the U

The famous lyrics of the song “This Land Is Your Land” by Woody Guthrie inspires within the American spirit the ideal that our country is a nation for everyone who lives within its expansive borders. Historically, our country has welcomed people of all cultures and religions seeking freedom from religious persecution and seeking better opportunities for their families. Anyone who reads the famous lines of Pulitzer Prize Winner Emma Lazarus’s poem “The New Colossus” engraved on the pedestal of The Statue of Liberty would agree that the lines capture this American tradition of providing refuge to those longing for freedom. I have included those lines within this article to remind readers of a time when America was a beacon for the oppressed. I hope that we can rekindle and embrace the compassion of these immortal words that the land of the free might ring true again:

“Not like the brazen giant of Greek fame,
With conquering limbs astride from land to land;
Here at our sea-washed, sunset gates shall stand
A mighty woman with a torch, whose flame
Is the imprisoned lightning, and her name
Mother of Exiles. From her beacon-hand
Gloows world-wide welcome; her mild eyes command
The air-bridged harbor that twin cities frame.

“Keep, ancient lands, your storied pomp!” cries she
With silent lips. “Give me your tired, your poor,
Your huddled masses yearning to breathe free,
The wretched refuse of your teeming shore.
Send these, the homeless, tempest-tost to me,
I lift my lamp beside the golden door!”

In efforts to celebrate America’s rich diversity, the Associated Student Body (ASB) held an event to promote discussion on the controversial topics concerning immigration policy and refugee asylum circulating through the media. On August 29, 2018, the ASB sponsored this event as its second annual UMMC CommUNITY Day. The ASB Diversity and Inclusion Co-Chairs Kandice Bailey, a third-year medical student, and Danielle Porter, a fourth-year graduate student, were instrumental in the planning of this event. This year, the UMMC CommUNITY Day topic focused on tolerance and acceptance in lieu of the issues surrounding the immigration and refugee crises. The event was held in the upper amphitheater, R354, in the Research Wing of the main hospital, and food was provided for one hundred attendees. Attendees signed a poster foam board displaying the event logo pictured above.

This year’s panel included five individuals who could speak on the topic either of immigration or of asylum for refugees. The panelists included four of UMMC’s own community members, Dr. Tarif Bakdash, Dr. Norma Ojeda, Mrs. Julieta Mendez, and Mrs. Leslye Bastos Ortega, as well as one external supporter of immigrant rights, Mr. Barry Walker.

Dr. Bakdash, who was once a refugee from his home country as well, commented first on the importance of showing compassion to individuals fleeing violence, fear of death, and persecution. He referenced a technique called “moral imagination” which involves asking others to empathetically place themselves mentally in the situation of someone else. In this case, he was referring to the act of audience members’ imagining themselves having to leave their homes spontaneously due to unsafe circumstances out of their control. Such a practice helps us to understand their situation better.

Dr. Ojeda, an Associate Professor from Paraguay, asserted, “Diversity and inclusion are values that must be nurtured across all levels in academia. The most effective way of finding solutions for challenging and complex problems is using a holistic approach with a diverse group of people.” She continued by saying, “Teaching diversity and inclusion to the leaders of tomorrow is a responsibility institutions of higher education can no longer postpone. It is a moral duty.”

Mrs. Mendez discussed her role as Director of International Services. She also brought up a very poignant point that about half of the physicians and residents at UMMC are from other countries, and given Mississippi’s shortage of physicians, we welcome them as they live out their calling. Perhaps, they do not want to live in Mississippi, but we are grateful for their willingness to serve and address the healthcare needs of this state.
Background About the Panelists

**Mrs. Ortega** explained her role as a translator for the hospital and as Manager of Language Services. In line with Dr. Bakdash's description of moral imagination, Mrs. Ortega asked the audience members to imagine having to attend the emergency department in a country where the healthcare professionals could not speak English and to imagine the level of stress and frustration. She added that such situations are often realities for patients at UMMC who cannot speak English. She and her staff work diligently to make the patients with whom they communicate feel safe and respected.

**Mr. Walker** who practices immigration law informed the audience about the immigration policies of the past and current administrations of the United States. He described the current practices that are being used as practical terrorism, especially in light of cases where children are separated from their families. Despite any political views that anyone might have, one must consider speaking out when the law oversteps its bounds and infringes on human dignity.

In light of human dignity, the UMMC CommUNITY Day event was inaugurated last year on the same day as this year's event as a positive response to the riots in Charlottesville, Virginia, in August 2017. For more details concerning last year's event, please refer to the article titled “Embracing CommUNITY” in the September 2017 issue of The Murmur archived online. However, for the sake of the reader, I have included the mission statement for the event again at the end of this article.

**Dr. Tarif Bakdash** is an associate professor at UMMC. He is a pediatric neurologist, epileptologist, movement disorders, and behavioral sleep disorders specialist. Dr. Bakdash was trained at Harvard, Cleveland Clinic, Baylor College of Medicine, and Rush University, and he has a master's degree in bioethics from the University of Toronto on a grant at the Cleveland Clinic, Baylor College of Medicine, and Rush University, and he has a master's degree in bioethics from the University of Toronto on a grant. He taught bioethics and communication skills at Damascus University for seven years. These positions were all prior to the revolution in Syria. For the last three years, Dr. Bakdash has been treating Syrian refugee children at camps in Jordan. In addition, he is the author of a book titled Inside Syria: A Physician's Memoir, and he currently serves as one of the imams here in Mississippi.

**Dr. Norma Ojeda** is a physician-scientist focused on clinical, basic, and translational research in the field of developmental origins of diseases, women's health, and health disparities. She received her medical degree from the School of Medicine at the National University of Asuncion in Paraguay, and after practicing for fifteen years, she decided to pursue a career as a physician-scientist. She completed her postdoctoral-fellowship training in the Department of Physiology and Biophysics at the University of Mississippi Medical Center in 2009, and then, she was recruited as faculty member in the Department of Pediatrics. Currently, she is holding the position of Associate Professor in the Division of Neonatology, and she is serving in several leadership roles in activities oriented to promote research and faculty development and to improve diversity and inclusion. Dr. Ojeda serves as the Director of the Pediatric Residency Mentoring Research Program, the Associate Director for Research of the Neonatology Fellowship Program, Co-Chair of the Pediatric Faculty Development Program, and Associate Director of the Children Leadership Program. She is also the Immediate-Past President of the UMMC chapter for the Group on Women in Medicine and Science (GWIMS). Dr. Ojeda is leading several research projects and inter-institutional initiatives focused on promoting interdisciplinary and transdisciplinary research. Dr. Ojeda has published in several scientific journals and received funding for her research from the National Institute of Health, American Society of Nephrology, Inter-American Development Bank, and Pediatric Discovery Research Fund. She received several awards for her meritorious research and contribution to diversity and inclusion, such as The Caroline Tum Suden/Frances A. Hellebrandt Professional Opportunity Award, The Water and Electrolyte Homeostasis Award, The Investigator Travel Award from the AHA, The Michael LeBlanc Faculty Research Award, the Norman Siegel Research Scholar, and the 2018 Pillars “Beacon Award” for Recognition of Service and Inclusive Excellence from The Office of Diversity and Inclusion at UMMC.

**Mrs. Julieta Menendez** serves as the Director of the Human Resources Office of International Services at UMMC, and she is the current Past Chair of the Women's Foundation of Mississippi. Born in Argentina, she has called the United States home since 2001. Julieta received a J.D. from the Universidad de Mendoza in the year 2000. Prior to joining UMMC, she worked for Catholic Charities of Jackson as Program Director of its Immigration Services at UMMC, and she is the current Past Chair of the Women's Foundation of Mississippi. Julieta lives in Brandon with her husband, Alejandro, and their two children, Joaquin and Camila.
Mrs. Leslye Bastos Ortega is currently the Manager of Language Services and Patient Advocacy for the Office of Patient Experience. She has been with the University of Mississippi Medical Center (UMMC) for over four years and is constantly transcending the word of the linguistic resources that UMMC offers, as well as the functionality and importance of interpretive services in every Limited English Proficient (LEP) patient encounter. Having dual citizenship as a Brazilian and American citizen, she understands the importance of cultural competence in a healthcare organization. She is in partnership with the Mississippi State Department of Health Diversity team in the implementation of a Language Access Plan for the State of Mississippi. She has a 40 Hour Certificate of Medical Interpreter Training, a 42 Hour Certificate of Medical and Community Interpreter Training, and a Cross Cultural Communications certificate to conduct Medical and Community Interpreter Training Courses within the State of Mississippi under their license. Her passion is to serve patients and family to the best of her ability.

Mr. Barry Walker is the Senior Partner in the immigration law firm of Walker & Ungo in Tupelo, Mississippi. He has been a practicing attorney since 1975 and has been a member of the Association of Immigration Lawyers of America (AILA) since 1991. His practice is concentrated in employment-based immigration, with an emphasis in physician immigration and hospital and clinic representation. Barry is a regularly invited speaker on immigration matters involving Foreign Medical Graduates, and he has authored business employment and foreign physician immigration articles. He served on the AILA National Committee on Ethics for years 2015 to 2017. Barry is a graduate of Mississippi State University. He obtained his Juris Doctor degree from the University of Mississippi, and he holds a Master of Laws from Tulane University. Mr. Walker is pictured to the right standing to the left of Dr. Ojeda at this year’s UMMC CommUNITY Day event.

This land was made for you and me.

MISSION STATEMENT: “The University of Mississippi Medical Center CommUNITY Day is established as an annual event offering students, faculty, and staff an occasion to celebrate our diverse academic health sciences. Over the course of history, human prejudice has given rise to acts of violence and displays of bigotry and hate, often fueled by human fear and cultural ignorance. Recent events in Charlottesville, Virginia, affirm this sad reality exists.

UMMC CommUNITY Day is established by the Associated Student Body (ASB) as our constructive response. This celebration of our diverse CommUNITY recognizes and affirms our belief in the dignity of all persons regardless of their creed, ethnicity, spiritual beliefs, nationality, economic status, gender, sexual orientation, and political ideologies.

Through this annual event, the ASB calls all members of our UMMC CommUNITY to join in condemning words or actions of hate that infringe on the dignity and inherent freedoms which we hold as the basic rights of every person.

CommUNITY Day is an outward sign of our firm belief that the very differences that distinguish us from one another unify us into a diversified whole.

Only by peacefully loving the parts that comprise the whole can we truly, authentically love the whole—that is the body of people who are the life of UMMC both within and outside its walls. In addition, ASB Resolution 17-1, which embodied the same spirit of this mission statement was unanimously approved by the Associated Student Body on November 6, 2017. I have also included the full text of this resolution within this article:

“A RESOLUTION OF THE ASSOCIATED STUDENT BODY (ASB) establishing The University of Mississippi Medical Center CommUNITY Day as an annual event offering students, faculty, and staff an occasion to celebrate our diverse academic health sciences.

WHEREAS, in August of 2017, a number of events instigated by hatred and discrimination occurred in Charlottesville, Virginia; and

WHEREAS, over the course of history in numerous other instances, human prejudice has given rise to acts of violence and displays of bigotry and hatred, often fueled by human fear and cultural ignorance; and

WHEREAS, on February 17, 2017, ASB Resolution No. 16-3 “resolved that the UMMC ASB values the contributions made by students, research scientists, and educators on our campus, including those of different nationalities [and] that the UMMC ASB supports the inclusion of students, research scientists, and educators regardless of nationality, religious beliefs, or culture”; and

WHEREAS, the UMMC ASB approves of the celebration of our diverse CommUNITY and, thus, recognizes and affirms our belief in the dignity of all persons regardless of their creed, eth-
nicity, spiritual beliefs, nationality, economic status, gender, sexual orientation, and political ideologies; and

WHEREAS, through this annual UMMC CommUNITY Day event, the ASB calls all members of our UMMC CommUNITY to join in condemning words or actions of hate that infringe on the dignity and inherent freedoms which we hold as the basic rights of every person; and

WHEREAS, the UMMC ASB embraces the ideal embedded within the UMMC CommUNITY Day Mission Statement that “Only by peacefully loving the parts that comprise the whole can we truly, authentically love the whole—that is the body of people who are the life of UMMC both within and outside its walls.” Therefore, be it

RESOLVED, that the UMMC ASB establishes the UMMC CommUNITY Day event as its constructive response against any act of hatred, violence, discrimination, or prejudice toward any person regardless of his or her creed, nicity, spiritual beliefs, nationality, economic status, gender, sexual orientation, and political ideologies; be it further

RESOLVED, that the UMMC ASB promotes the UMMC CommUNITY Day as an outward sign of our firm belief that the very differences that distinguish us from one another unify us into a diversified whole.”

Given the multifaceted nature of the UMMC CommUNITY Day mission statement and its associated resolution, the topic of this year’s CommUNITY Day event aligned perfectly with these initiatives just as last year’s topic which revolved around race affairs, the Civil Rights Movement in Mississippi, and the efforts of UMMC and its community members in that movement.

I am hopeful that this continued tradition will help dispel the misconceptions and unconscious biases that we all might have about certain groups of people who may be different from us. I must continuously remind myself each day that while I am an American citizen, I do not own the land I live on. My own convictions and my faith inform me that this very earth even is on loan, and we as its inhabitants are merely its stewards. Our lives here are only temporary, so when say “this land is my land,” and “this land is your land,” we should really acknowledge the importance of sharing our abundance with others, whether that abundance be space, food, shelter, clothing, or drink. Therefore, as loyal stewards we must not only take care of the lands in which we reside, but we must also take care of the people who reside in them.

I am honored to acknowledge formally the members of the Associated Student Body, the panelists, and our sponsors: the UMMC Associated Student Body, the UMMC Office of Diversity and Inclusion, and the UMMC Office of Alumni Affairs—all of whom helped make this event a possibility.

The M1s celebrated the end of their first Gross Anatomy block by having a Med School Monday Grill Out. With the help of Dr. Clark and the Student Affairs Office, they had burgers, hotdogs, and some hot commodity black bean burgers. There were puppies and babies for some serious stress relief and some people even splashed into the pool. Big shoutout to newly elected President Jojo Dodd for being an awesome grill master! M1s know how to have fun!

Ashley Gnam and David Hodge
CLASS OF 2022 SOCIAL CHAIRS
Aplos in Highland Village

New Restaurant by Chef Alex Eaton and Steven O’Neill, creators of The Manship. Check out 5 delicious things to try page 48
### The Lunch Crunch

**Some of the best rotating blue plate specials in Jackson, all for around $10. Meat and three, what shall it be?**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td><strong>Bully's</strong></td>
<td><strong>Smothered liver and onions</strong></td>
<td><strong>Sausage red beans with rice</strong></td>
<td><strong>Spaghetti and meat sauce</strong></td>
<td><strong>Baked chicken and dressing</strong></td>
<td><strong>Meatloaf with tomato gravy</strong></td>
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<tr>
<td><strong>Logan Farms</strong></td>
<td><strong>Fried chicken parmesan, fried chicken tender Caesar wrap</strong></td>
<td><strong>Smoked pork loin or fried porkchop, Bully cheesesteak po'boy</strong></td>
<td><strong>Pot roast or country fried steak, pot roast po'boy</strong></td>
<td><strong>Meatloaf or hamburger steak or old fashioned patty melt</strong></td>
<td><strong>Fried catfish or baked Parmesan catfish or fried catfish po'boy</strong></td>
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<tr>
<td><strong>Lou's</strong></td>
<td><strong>Red beans and rice</strong></td>
<td><strong>Crispy chicken</strong></td>
<td><strong>Meatloaf</strong></td>
<td><strong>Pork chop</strong></td>
<td><strong>Etouffee</strong></td>
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<tr>
<td><strong>Mayflower Cafe</strong></td>
<td><strong>Lasagna, stuffed crab, hamburger steak, fried pork chop</strong></td>
<td><strong>Country fried steak, grilled chicken breast, fried fish strips, calf liver + gravy/onions, roast beef</strong></td>
<td><strong>Pot roast veal cutlet w/ cream sauce, fried fish tenders</strong></td>
<td><strong>Chicken and dumplings, crab meat patty, hamburger steak, calf liver + gravy/onions, roast beef</strong></td>
<td><strong>Calf liver + gravy/onions, fried chicken, fried catfish, fried fish, fried fish tenders</strong></td>
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<tr>
<td><strong>Parlor Market</strong></td>
<td><strong>Sausage and peppers</strong></td>
<td><strong>Meatloaf and red gravy</strong></td>
<td><strong>Buttermilk fried chicken and Louisiana honey</strong></td>
<td><strong>Pot roast and tobacco onion</strong></td>
<td><strong>Brisket or fried simmon's catfish</strong></td>
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<tr>
<td><strong>Primos</strong></td>
<td><strong>Country fried steak or pecan chicken</strong></td>
<td><strong>Chicken and dumplings or grilled tilapia</strong></td>
<td><strong>Serrano chicken enchiladas or meatloaf</strong></td>
<td><strong>Turkey and dressing or fried chicken</strong></td>
<td><strong>Fried catfish or beef tips</strong></td>
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<tr>
<td><strong>Saltine</strong></td>
<td><strong>Red beans and rice</strong></td>
<td><strong>Chopped steak</strong></td>
<td><strong>Chicken fried chicken</strong></td>
<td><strong>Pork chop</strong></td>
<td><strong>Simmon's catfish and hushpuppies</strong></td>
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<tr>
<td><strong>Walker's</strong></td>
<td><strong>Red beans and rice</strong></td>
<td><strong>Baked/Grilled chicken</strong></td>
<td><strong>Smothered pork chop</strong></td>
<td><strong>Meatloaf</strong></td>
<td><strong>Fried catfish</strong></td>
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Talk of the Town

BY: John Bobo
The Hummus. There’s a new ‘best hummus’ in town. Chef Alex Eaton took a culinary sabbatical to the middle east to reconnect to his roots. It has paid off. The aplos hummus is lemon-garlic perfection topped with a delicious schug sauce (think spicy pesto without the cheese). Where other hummuses can have the texture of mashed potatoes, this one is irresistably smooth.

Anything with the roasted chicken on it. I know, I know, chicken is rarely the pick when you want something new, exciting, and delicious. But this chicken is incredible. You can see them slow roasting on a spit behind the bar, taunting you, as soon as you walk in. Get it on a wrap, get it on a salad, get it on a pizza, get it on an ice cream cone, I DON’T CARE just get it. Trust me.

The Falafel. These mediterranean hushpuppies have the perfect spice profile, avoiding the standard pitfall of so many dry bland falafel before it. Dressed up with some marinated cabbage and schug tahini dressing, these are great to share with a friend or eat on your drive home straight out of the bag buckled safely in your passenger seat.

The Frozen Greek Yogurt with Baklava. It is such a solid dessert creation. Tart, sweet, cold, and crunchy. I could go on about this but Zack makes an excellent case for it on page 52.

Frosé. When I think frosé, I think an overly sweet slush that kind of tastes like it might have been wine in a past life. This is a very different, and very good, dry rosé frozen and slurped into a flavorful icee. Exactly what you need when the Mississippi fall still thinks it’s summer.
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?

**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 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, quesos, 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¢ 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, Sun-day $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

by Mikey Arceo
Each month we’ll pick a topic and ask two readers to make a case for why their pick is the best. They’ll speak their piece and the winner gets their favorite thing, courtesy of The Murmur.

**Best Dessert**

Zack Watson vs Sydney West

**Frozen Greek Yogurt + Baklava at Aplos**

**Zack Watson**

3rd year, Medicine

**Frozen Greek Yogurt + Baklava at Aplos**

I am a creature of habit. Sure, I enjoy trying new things, especially when it comes to food, but once I’ve done my due diligence, and I find my favorite menu items from a restaurant, you better believe those are the things I’m going to order 95% of the time. Lately, I’ve been working my way through the menu at Aplos—Jackson’s newest Mediterranean restaurant that promises fast, fine, and simple cuisine inspired by eateries of Italy, Greece, and the Middle East.

While I still have several things to try, I can officially announce my go-to dessert is the frozen Greek yogurt with baklava crumbles and honey, and full disclosure, I am very passionate about it. This dessert isn’t just my favorite at Aplos…it’s my latest food obsession in all of Jackson. For real, I crave this yogurt-baklava combo daily. When I first saw it on the menu, my immediate thought was “duh, gotta try that,” which was closely followed by my second thought of “WHY IN THE WORLD HAVE I NEVER THOUGHT OF THIS?!” I mean, this dessert just makes sense. Both Greek yogurt and baklava are quintessential Mediterranean fare, so why not combine the two, freeze the yogurt, and drizzle with all-natural, raw honey. Seriously, this dessert has it all—it’s sweet but tangy, soft but crunchy, smooth but gooey. With each spoonful, you get the tartness of the yogurt followed by the crispness of the phyllo finished off with the sticky sweetness of the pistachios and honey. This is about the closest thing to the nectar of the gods we mere mortals can get here in Jackson. Even better, this dessert is easy on your diet and your wallet. Coming in at only $5, this Mediterranean fro-yo is packed full of protein and probiotics, not to mention, the myriad of evidence-based health benefits of pistachios and raw honey. So seriously people, do yourself a solid and run on over to Aplos in Highland Village to try this guilt-free, frozen Greek delight—like me, it may just become your next obsession.

**Sydney West**

3rd year, Medicine

**Turtle Tank Shake at Fine and Dandy**

I am a big fan of desserts. Probably the biggest fan. I’m never too full to eat something sweet. And while cookies and cakes and bread puddings are all good, sometimes what you really need is a milkshake. This sweet, cold beverage can comfort you after, say, a week’s worth of tests or, perhaps, a 7-hour surgery that left your feet screaming for mercy. And if said milkshake comes infused with alcohol? ALL THE BETTER.

*Enter Fine and Dandy* The almost-1-year-old restaurant has curated a menu that is unique, creative, and delicious, and the milkshake selections are no exception. In full disclosure, I was planning to write about the James Beard Incident because It. Is. Amazing. However, in an effort to keep things fresh and interesting, the chef creates an entirely different menu each season, milkshakes included. While I was initially distraught over this, my waiter assured me that he had the low-down on the best shake for the fall season. He suggested the Turtle Tank Shake, complete with chocolate, salted caramel, cheesecake, pecan pieces, and graham crumbs (Pro Tip: ask them to add Kahlua, a coffee-flavored liqueur), and it did not disappoint. Initially, I was worried that the shake might be too rich, as milkshakes can often be. This shake, however, is smooth and not at all overwhelming.

With each sip, you are introduced to a flurry of flavors – never knowing whether you’ll get a chocolate chip, cheesecake or graham crumb. The Kahlua adds an enticing hint of black coffee and sweet butter, and the salted caramel and pecan pieces bring just the right amount of salty to cut the sweet. Truly, it was the best shake I’ve had in a while (and I’ve had a lot). If the Turtle Tank Shake doesn’t sound appealing, 1) you’re crazy but 2) you’re in luck. Other options include: Cap’n Crunk, 80’s Kid Throwback Shake, #basic, and The “Yes We Can Make You A Plain Vanilla Shake.” There’s a milkshake for every taste palate at Fine and Dandy. So, head over there to experience the best dessert in Jackson!
Lemuria Bookstore

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NEED TO KNOW

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

**MO’S MOVIE MONTHLY**

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

**MARY MOSES HITT**

**The Crowd Pleaser:** "A Simple Favor"
**September 14th**
Metascore: 67 | Rotten Tomatoes: 84%

Hey upper East Siders, Blake Lively is back and she is as glamorous and chic as ever, but it seems she has decided to disappear… again. Lively stars as Emily in her per usual elusive and exotic role whose mismatched new best friend is shy, straight-laced blogger Stephanie (Anna Kendrick!). Emily’s unexpected vanishing prompts a thrilling journey for answers that is full of deceit and betrayal, giving a pleasantly darker theme to the usual comedic body of work that director Paul Feig (Bridesmaids) is known for.

**The Resurrection:** "The Predator"
**September 14th**
Metascore: 49 | Rotten Tomatoes: 34%

Known for his work in the action genre, director and co-writer Shane Black (Iron Man 3) has reinvented the universe’s most lethal hunters, making them stronger, smarter and deadlier than ever thanks to a genetic upgrade from another species’ DNA. Expect your usual Predator action with a splash of comedy brought to you by the ragtag team of PTSD-suffering ex-soldiers (including Keegan-Michael Key) that Boyd Holbrook’s character recruits to yet again stop these predators from ending the human race. Sterling K. Brown, Olivia Munn, and Jacob Tremblay round out the star-studded cast bringing to the big screen the sixth installment of this successful 80’s franchise.

**Choice (heavy) Drama:** "The Children Act"
**September 14th**
Metascore: 62 | Rotten Tomatoes: 69%

Based on the Ian McEwan (Atonement, On Chesil Beach) novel of the same name, this movie’s starpower is dedicated to Emma Thompson’s portrayal of a British High Court judge who is faced with ruling on whether a sick boy should receive a life-saving blood transfusion against the wishes of his Jehovah’s Witness parents. Her conversations with the boy unearth her own repressed hardships, particularly her unbalanced work and married life to Jack (Stanley Tucci) whose prolonged bed-death has him asking permission to begin an affair. The film’s commitment to take on exploring themes like religious beliefs, dying children, marital strife, and defining life choices will (fingers-crossed) fill you with feels and contemplative thoughts long after leaving the theater.

**Genre Revival:** "The Sisters Brothers"
**September 21st**
Metascore: 79 | Rotten Tomatoes: 82%

French director Jacques Audiard (A Prophet) is boldly taking on recreating and re-envisioning the Wild Wild West popularized on the big screen in the ’60s and ’70s as his first English-language production. The film’s working parts of wide-sweeping landscape cinematography, a score by Alexandre Desplat, and a seasoned cast are promising for a well-executed film that will likely be less successful at the box office due to the small target audience of an indie Western. Apologies to my ladies, but as with the casting of its predecessors, this Western wants for gender diversity but is not lacking in starpower. Set in 1851 Oregon, our western/comedy mash-up stars Joaquin Phoenix and John C. Reilly as “the Sisters brothers,” sibling hitmen hired by their boss The Commodore (Rutger Hauer) to murder a chemist (Riz Ahmed), who has stolen from him. Ahmed in turn recruits aid from detective/lawmaker Jake Gyllenhaal and a classic Western unfolds as we watch rough and gruff men have run-ins with the law, changes of fortune, engage in gunfire, and go on long horse rides over desolate landscapes.

—I KNOW YOU CAN BE OVERWHELMED, AND YOU CAN BE UNDERWHELMED, BUT CAN YOU EVER JUST BE... WHELMED?—

- Gabrielle Union as Chastity Church

10 Things I Hate About You

**10 ThinGs I Hate About You**

- French director Jacques Audiard (A Prophet) is boldly taking on recreating and re-envisioning the Wild Wild West popularized on the big screen in the ’60s and ’70s as his first English-language production. The film’s working parts of wide-sweeping landscape cinematography, a score by Alexandre Desplat, and a seasoned cast are promising for a well-executed film that will likely be less successful at the box office due to the small target audience of an indie Western. Apologies to my ladies, but as with the casting of its predecessors, this Western wants for gender diversity but is not lacking in starpower. Set in 1851 Oregon, our western/comedy mash-up stars Joaquin Phoenix and John C. Reilly as “the Sisters brothers,” sibling hitmen hired by their boss The Commodore (Rutger Hauer) to murder a chemist (Riz Ahmed), who has stolen from him. Ahmed in turn recruits aid from detective/lawmaker Jake Gyllenhaal and a classic Western unfolds as we watch rough and gruff men have run-ins with the law, changes of fortune, engage in gunfire, and go on long horse rides over desolate landscapes.

**MM**
Wow. Best movie I’ve seen in a while. This film renewed my hope in the midst of the yearly movie drought. If I wasn’t literally laughing out loud at knee-slapping one-liners and hilariously witty quips, I was instead gasping in shock at every plot twist, pretending my allergies were acting up while holding back tears at every poignant, intense moment, gaping in awe at the spectacular visions of brilliant colors in extraordinary production settings, extravagant parties, and stunning costumes, trying not to be jealous of the ridiculously beautiful cast, and obnoxiously cheering on the characters on the screen as if they could hear me and as if my fellow theater-goers couldn’t (not that they cared because they were doing it too). From start to finish, there’s never a dull moment through every twist and turn in this perfectly paced, wonderfully taken movie.

The Big Sick meets The Great Gatsby (DiCaprio/Luhrmann version, obviously) in this refreshingly delightful romantic comedy about two people in love raised in two different cultures struggling to hold on to family, love, their identities, and each other. Constance Wu brilliantly plays a self-made, no-nonsense, and independent female lead who meets her boyfriend’s family in Singapore. He casually chooses not to mention how his family is the one of richest in the country, and we follow their love story as she strategically and courageously maneuvers through each scheme from the family members designed to scare her away. Little did they know, they were messing with a master of the game theory. I know what you’re thinking. Haven’t I already seen a million movies with this same plot of two lovers from different worlds trying to fit in with the family and persevere through conflict? A.k.a. almost every romantic comedy ever? Well, maybe. But with – out giving away any spoilers, just trust me that this must-see is worth your time and even the movie theater ticket price.

Fun fact: Ursodeoxycholic acid, or ursodiol, sometimes used in treating gallstones, is named for the Latin ursus (bear) because the chemical is derived from bear gallbadders, one of the most common reasons for bear poaching in the U.S. (Just one of the fun facts I gleaned from this book!)
Need to Know

5 picks from your friends at Lemuria

- *French Exit* by Patrick DeWitt
- *Ohio* by Stephen Markley
- *Lake Success* by Gary Shteyngart
- *The Stars Now Unclaimed* by Drew Williams
- *The Cadaver King and the Country Dentist* by Balko and Carrington
Need to Know

BY HARRISON MATHENY

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 news cycle of August 2018 began with its spotlight on the small town of Brooklyn, Iowa, where on July 18th, 20-year-old University of Iowa student Mollie Tibbetts went missing. Ms. Tibbetts went out for a jog on that Wednesday evening and was declared missing the next day when she didn’t show up to work. This story gripped the nation for much of August and culminated with the discovery of Ms. Tibbetts’s body in a secluded cornfield. 24-year-old Cristhian Rivera has been charged with the crime.

Meanwhile, on August 4th, Interior Secretary Ryan Zinke added the Mississippi home of Medgar and Myrlie Evers to the African-American Civil Rights Network, which was created by federal law this year. Medgar Evers was the Mississippi NAACP’s first field secretary beginning in 1954, and led voter registration drives and boycotts to push for racial equality. He was assassinated in June 1963 outside the family’s ranch-style home in Jackson. In May, the National Park Service unveiled a bronze plaque showing the Evers’ home is a national historic landmark. The department is now taking public comments on making the home a national monument. [Source: Clarion Ledger]

Midway through the month, the eyes of the world turned toward Italy, where a 51-year-old highway bridge in Genoa collapsed in a driving rain on August 14, killing at least 43 people and injuring a dozen others as it sent scores of vehicles tumbling into a heap of concrete and twisted steel... The cause is still unclear. The bridge was having work done to shore up its foundations at the time of the collapse. [Sources: CBS News & the BBC]

Throughout the month of August, Mississippi casinos prepared diligently for the opening day of SEC football. This because sports betting is now legal throughout our Great State. Earlier this summer, Mississippi quickly acted on the Supreme Court’s ruling that gave states other than Nevada permission to allow sports betting... Mississippi is the only state from the Southeast where this is legal for now. [Source: Sports Illustrated]

As the month plodded along, a searing report issued by a Pennsylvania grand jury shocked the Nation and the World. As reported by The New York Times, Bishops and other leaders of the Roman Catholic Church in Pennsylvania covered up child sexual abuse by more than 300 priests over a period of 70 years, persuading victims not to report the abuse and law enforcement not to investigate it... The report, which covered six of the state’s eight Catholic dioceses and found more than 1,000 identifiable victims, is the broadest examination yet by a government agency in the United States of child sexual abuse in the Catholic Church. The report said there are likely thousands more victims whose records were lost or who were too afraid to come forward. Other Global stories of note include the series of earthquakes which ravaged Indonesia throughout August, killing hundreds; a failed assassination attempt of despotic Venezuelan President Nicolas Maduro, leading to the arrests of many opposition leaders; continued geopolitical back-and-forth between Russia, the United States, and the United Kingdom on matters related to the poisoning and attempted killing of Russian ex-spy Sergei Skripal; a trade skirmish between the United States and Turkey over the Turkish refusal to extradite imprisoned American pastor Andrew Brunson; and trade talks with Canada have also heated up, as President Trump seeks to renegotiate the North American Free Trade Agreement (NAFTA).

Special Session of the Mississippi Legislature was big in the news toward the end of the month when Governor Bryant issued the initial call for lawmakers to pass a state lottery and infrastructure modernization package. After passage of the two original bills, Governor Bryant added the spending of BP Settlement funds to the call. The Special Session lasted five days, and each of the three bills were passed in a bipartisan manner.

This author’s August 2018 soundtrack was the new album released by native Mississippi artist Rock Eupora. Clayton Waller, the front man and creative force driving the southern indie rock band, hasn’t stopped for a second since leaving his hometown of Jackson, Mississippi for Nashville. With two albums previously released, his new self-titled record, and an impressive touring schedule, Waller has positioned himself as an artist to watch in the Nashville & Mississippi alternative music scenes.

Harrison Matheny is a young professional Jacksonian and a friend to the University of Mississippi Medical Center.

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Medical Term Trivia

Q. What are you doing when you “sternutate”?
Q. What might cause a “sphenopalatine ganglioneuralgia”?
Q. When might you experience “veisalgia”?
Q. What might cause a “sphenopalatine ganglioneuralgia”?
Q. What is a “borborygmus”?
Q. “Obdormition” refers to what common occurrence?

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The Murmur

Source: onthisday.com