SPRING FESTIVALS!

JUKE, JIVE, AND JAM TO THE BEST FESTS THIS SEASON
After his semi-retirement from Mississippi Valley Title, John “Bones” Cossar spent much of his spare time on the golf course. But the beloved pastime fell to the wayside after an adverse reaction to a cancer drug paralyzed the Lake Cavalier resident.

“I literally landed in bed and wasn’t moving for 35 days,” he said. “I couldn’t wiggle a finger. I couldn’t breathe. I couldn’t swallow. I thought I was going to die.”

When Cossar was finally well enough to begin therapy at Methodist Rehabilitation Center, he told everyone his goal was to return to the golf course. And after months of working with MRC’s inpatient and outpatient staff, the 80-year-old made a triumphant return to the tee box.

“After I played my first round of golf, I showed the scorecard to the staff at Methodist Rehab and everyone was crying,” he said. “I can’t say enough nice things about them. I looked forward to therapy because I knew it was doing me good. They were getting me back on my feet. Here I am standing upright. And I have nothing but praise for Methodist Rehab.”

Now I can... play golf again

Nationally recognized for expertise in rehabilitation medicine after a stroke, spinal cord injury, brain injury or amputation.

For more information, visit methodistonline.org or call 601-364-3434 or toll-free 1-800-223-6672, ext. 3434.
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

Always right there.
ALWAYS RIGHT.
Greetings, Fellow Students, Faculty, and Staff,

I hope everyone had the luck of the Irish with the passing of St. Patrick’s Day, and I hope everyone was able to attend the St. Patrick’s Day Parade.

Much has happened since my last letter. ASB officers representing each of the seven schools on campus met with Dr. Richard Summers, the Associate Vice Chancellor of Research, on March 5, to learn more about the advances and partnerships UMMC is forging in the areas of scientific and clinical research.

In addition, the ASB continued its sponsorship of the sixth Interprofessional Education seminar on March 26, featuring team-based healthcare, specifically focusing on the treatment of lung cancer. Please stay tuned for the final seminar of the year regarding ethics in healthcare on April 30 at noon in SM 124. Food will be provided.

Both the Black History celebration event “Beyond the 28th” co-sponsored by ASB and SNMA and the gender equity seminar featuring Dr. Juanyce Taylor and co-sponsored by ASB and the Group on Women in Medicine and Science were huge successes.

We also had our Spring Bash on March 16, and we co-sponsored the Service Engagement Fair on March 21 with the Global Health Interest Group (GHIG) and the Office of Community Engagement and Service Learning—an event that was held concomitantly with the Off-Campus Housing Fair.

The Associated Student Body (ASB) has held its sixth and final ASB Council meetings, and we will be preparing to have our ASB Officer Installation Banquet on May 6 to officiate the new officers and say farewell to the current officers, save for those who are joining the team for another term or in a different position.

Keep a look out for notifications regarding a final ASB Roundtable Discussion of the year and the very new inaugural Student Research Day and LEAD-ERSHIP Awards campaign—both sponsored by the Associated Student Body.

Thank you all for reading this, my last and final message in the ASB Notes. I will be providing my Farewell remarks in the next issue. But always remember you can contact me to offer any questions, concerns, and/or suggestions, and I will be happy to help you, even after May 6.

Yours in Service,

Edgar Meyer
Ballers

The men of the M3 class (+ some friends) prevailed as the intramural basketball champions.

Pictured left to right, ROW 1: Sean Himel, and John Yi. ROW 2: William Mayfield, Matthew Alias, Phillip Qu, Alex Wills, Chase Smith, Luke Burnett, Logan Wilson, and Jack Berry (proud husband to M3 Kelsey Berry)
Burgeoning School of Nursing Program Increases Reach in Oxford

By Kate Royals

Beginning in the fall, the University of Mississippi School of Nursing will expand its footprint in Oxford with a new space and more students. The next cohort of students pursuing the Accelerated Bachelor of Science in Nursing degree will number 45, an increase from this year’s class of 30. The eventual goal is to admit 60 students each year, according to Dr. Mary Stewart, interim dean for the School of Nursing.

And students will be doing their work in a new space: the South Oxford Center, or what was formerly the old Baptist Memorial Hospital before being purchased by the University of Mississippi in 2017.

The hospital’s former intensive care unit will be converted to a high-fidelity simulation practice lab for nursing students.
“With 12 bays, faculty will be able to run several scenarios simultaneously,” Stewart described. “In the end, space matters. Having this dedicated area for the School of Nursing will enrich the educational experiences for students.”

The decision to grow the program was based on the demand from both applicants and the work force. In addition, students pursuing their accelerated nursing degree undergo a more intense schedule and need different resources and spaces than a traditional undergraduate student requires.

“The A-BSN requires intensive study for 12 months. Students do not work outside school, so they spend much of their time in classes, labs, clinicals and other program-related activities,” said Stewart. “They need space for all of these things. Additionally, students need dedicated areas to study, work on projects and sometimes simply retreat for some solitude. The new space affords all of these opportunities and more.”

The School of Nursing is currently housed on two floors in Kinard Hall on the Ole Miss campus. The new space in the South Oxford Center will include an administrative suite for faculty and other offices, a 60-student classroom with full technological abilities, student lounges and other common areas.

Dr. Eva Tatum, assistant professor of nursing on the Oxford campus, has overseen much of the planning for the expansion.

“We can’t grow (without more space),” Tatum explained. “There’s all this talk of nursing shortages, and our accelerated students really are highly desired as nursing graduates by employers.”

The School of Nursing in Jackson began offering the accelerated nursing program in 2006, and UMMC is the only institution in the state to offer an accelerated nursing degree for students who already have one degree. The program has been offered in Oxford since 2014.

The Accelerated BSN program is designed for those who have a bachelor’s degree in another field and wish to change career paths quickly. It contains a continuous three-semester curriculum in which students participate in clinical training and classroom instruction.

The goal on the Oxford campus is to collaborate with the Health Professions Advising Office to promote the program and develop pipelines for current Ole Miss students, especially in programs such as nutrition and biology, to easily move into this degree, Stewart said.
I couldn’t even grasp what all a failed STEP 1 score meant at first; it took several minutes through tears to fully realize what was next. Since I had originally pushed my test date back, I had run the risk of being pulled out of school for a year to rejoin the medical school class below me if I failed, which was now my reality. I had to study for STEP again, answering thousands more questions and watching endless hours of supplemental videos. I realized later the impact this would have on my finances; since I wouldn’t be a student at UMMC for the year, I wasn’t going to receive financial aid. I’d need a job to pay the bills. Then there was the pang of shame. My parents, my partner, my best friend…they were all waiting for my text or phone call with the good news I didn’t have for them. That day, I walked out of the hospital unsure of when I’d get the chance to come back.

I sulked for two days. I was asked by those closest to me if I’d take it again. Absolutely. No questions asked. Despite what had happened I genuinely felt like there was no way I’d come this far to let this one 8 hour test beat me into submission. It may be no secret, considering, that I haven’t been a star student in medical school. But even still, I believed in myself enough to stick through. This test was no different. I took a month to unwind and enjoy my forced time off before I got back into the daily routine of questions, videos, and reading.

What did I do differently? Surprisingly, not much. But I started to realize that I had not quite learned the material to the level of depth that was needed. I was very fortunate that a little time off and the base knowledge that I had developed was enough to push me into understanding the content on a different level. The pressure was also off a bit; sure, I needed to pass, but I also had less of a time-constraint looming over me. I could focus with little outside stressors. I had the incredible generosity of those I love to help me with rent until I could sustain myself with a job at Cups. Long story short, I can’t describe the feeling when my second attempt resulted in a bold-faced “PASS” in my next email.

Getting through STEP 1 is the most challenging obstacle of my life so far. I think this feeling is felt among many medical students, 245 and 194 scorers alike. But what was it like to actually fail this life-changing test? In a word: sickening. The blow hits you hard and slowly seeps itself into your worries and doubts throughout the process of re-studying and re-planning your second attempt. With that being said, I found it important to continue to believe in myself and accept my current situation.
To you, the reader, there’s truth in trusting where you are in life. The words that helped me most in my struggle were these: Every journey is different. I knew if I continued to work and remain confident, I would move forward in my journey, no matter where that meant I’d end up. I found time to enjoy the people and things I love and even learn a new skill—I make a mean latte these days.

Although failing STEP 1 wasn’t my proudest or most ideal moment, it may very well have ended up being my most important. I learned the importance of dedication and perseverance. I was humbled and challenged. I learned to appreciate the opportunity I’ve had before me these last few years and for the many years to come.

Believe in yourself and work hard. Embrace your opportunity and hold it tight. No matter what four-letter word rules over you today, future physician, nurse, physical therapist, dentist, or health professional, press on and keep your head held high. We’re all rooting for you.
FONDREN HILL APARTMENTS

Now serving specialty pizzas, burgers, and sandwiches daily!
hopsandhabanas.com

Caught ya lookin'
ADVERTISE WITH THE MURMUR

email jfbobo@umc.edu for more info
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, jfbobo@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. There you will search for the JFC. Our Organization number is KT747 and name is “Jackson Free Clinic for the Homeless.”
   1. That’s it! The JFC will get a % of your purchase as long as you use your Kroger Plus card. Please share with your friends!

5. **Add your mom and dad’s Kroger Plus Card!**
   They’ll understand. You’re so #philanthropic
As a third-year medical student, I like to pride myself in my growing knowledge of the medical field. As the years have past, I’ve acquired more knowledge about the human body than I ever knew possible. I’ve taken care of patients in all walks of life; I’ve seen some patients flourish and prosper, I’ve seen patients in their final moments. However, the most impactful experience I’ve had in shaping who I am as a doctor begins with the three days I spent in the hospital as a patient.

You see, I had an easy pregnancy. I never had morning sickness, my blood pressure was always perfect, and every ultrasound showed a flourishing fetus. In fact, my pregnancy had such little impact on my functioning that several of my peers didn’t realize I was pregnant until my third trimester. As a result, I anticipated an easy delivery, hospital stay, and quick recovery.

After the delivery of my sweet babe, I remember telling the nurse that I couldn’t feel my left leg from my inner thigh, down my knee, to the inside of my calf. My right leg was fine as I had regained all feeling from my epidural. The nurse reassured me that it was just the extra bolus of epidural that I’d received, and that it will “come to” shortly. I was wheeled to my room, where I noticed the “moderate fall risk” sign that had been placed on my door. As I recovered from delivery, each nurse shift change – every 12 hours, I’d tell another nurse: “I still can’t feel my knee. I cannot walk unassisted. I can’t even lift my left leg against gravity.” They would all laugh & say “Honey, it’s just the epidural.” I remember insisting they call a doctor, knowing that the epidural had worn off at this point and the utter numbness in my leg was most definitely due to some type of nerve damage – yet I was taking care of a newborn, I was tired, and quite frankly I didn’t have the energy to fight for myself.

As two days passed, and I still couldn’t lift my leg unassisted, I found myself on the cold, hard floor of the hospital bathroom. It wasn’t until I had quite literally taken a fall that the hospital staff became alarmed that I still couldn’t feel my leg. I distinctly remember the nurse saying, “We need to get the anesthesiologist in here, the epidural has definitely worn off by now.” And, as I sat in the bathroom floor, livid that it took a fall to have my claims heard, I realized that I must do better for my own patients.

You see, it’s easy to brush off patients’ claims as “normal” or label them as “worriers.” I can’t help but think even with all my medical knowledge – as I told the nurses, “it’s not the epidural, it’s numbness in my L3 & L4 dermatome” – how helpless I was in advocating for myself. And, if someone who is slated to graduate from medical school in one year cannot even advocate for herself, then who can? Honestly, can those who have no medical knowledge truly advocate for themselves?

Turns out, I wasn’t just a “worrier” - I actually had nerve compression from those final pushes of delivery. I spent one week without the ability to walk unassisted, two weeks without the ability to climb stairs, and I’m currently on week four and cannot raise up from a squatted position on my own. While my

**Student Stories**

**Everyone has a story to tell. This month, hear from Caroline Farrar, third year medical student, as she reflects on her experience transitioning from taking care of patients to being the patient.**

**Caroline Morris Farrar, Medicine, 3rd Year**

**From Healthcare Professional to Patient**

A s a third-year medical student, I like to pride myself in my growing knowledge of the medical field. As the years have past, I’ve acquired more knowledge about the human body than I ever knew possible. I’ve taken care of patients in all walks of life; I’ve seen some patients flourish and prosper, I’ve seen patients in their final moments. However, the most impactful experience I’ve had in shaping who I am as a doctor begins with the three days I spent in the hospital as a patient.

You see, I had an easy pregnancy. I never had morning sickness, my blood pressure was always perfect, and every ultrasound showed a flourishing fetus. In fact, my pregnancy had such little impact on my functioning that several of my peers didn’t realize I was pregnant until my third trimester. As a result, I anticipated an easy delivery, hospital stay, and quick recovery.

After the delivery of my sweet babe, I remember telling the nurse that I couldn’t feel my left leg from my inner thigh, down my knee, to the inside of my calf. My right leg was fine as I had regained all feeling from my epidural. The nurse reassured me that it was just the extra bolus of epidural that I’d received, and that it will “come to” shortly. I was wheeled to my room, where I noticed the “moderate fall risk” sign that had been placed on my door. As I recovered from delivery, each nurse shift change – every 12 hours, I’d tell another nurse: “I still can’t feel my knee. I cannot walk unassisted. I can’t even lift my left leg against gravity.” They would all laugh & say “Honey, it’s just the epidural.” I remember insisting they call a doctor, knowing that the epidural had worn off at this point and the utter numbness in my leg was most definitely due to some type of nerve damage – yet I was taking care of a newborn, I was tired, and quite frankly I didn’t have the energy to fight for myself.

As two days passed, and I still couldn’t lift my leg unassisted, I found myself on the cold, hard floor of the hospital bathroom. It wasn’t until I had quite literally taken a fall that the hospital staff became alarmed that I still couldn’t feel my leg. I distinctly remember the nurse saying, “We need to get the anesthesiologist in here, the epidural has definitely worn off by now.” And, as I sat in the bathroom floor, livid that it took a fall to have my claims heard, I realized that I must do better for my own patients.

You see, it’s easy to brush off patients’ claims as “normal” or label them as “worriers.” I can’t help but think even with all my medical knowledge – as I told the nurses, “it’s not the epidural, it’s numbness in my L3 & L4 dermatome” - how helpless I was in advocating for myself. And, if someone who is slated to graduate from medical school in one year cannot even advocate for herself, then who can? Honestly, can those who have no medical knowledge truly advocate for themselves?

Turns out, I wasn’t just a “worrier” - I actually had nerve compression from those final pushes of delivery. I spent one week without the ability to walk unassisted, two weeks without the ability to climb stairs, and I’m currently on week four and cannot raise up from a squatted position on my own. While my
recovery is slow, but steady it has taught me that as physicians, we have to advocate for our patients. We need to do better. We need to listen with the intent of really hearing our patients’ claims. Then, we need to investigate those claims. Could there be another diagnosis that should be on our differential? Our patients deserve to be heard before they are lying on the bathroom floor of our hospitals. After all, part of the Hippocratic oath is “to treat the ill to the best of one’s ability.”
The Jackson Heart Study Graduate Training and Education Center at the University of Mississippi Medical Center in Jackson is a two-year research mentoring and training program funded by the National Heart, Lung, and Blood Institute. Designed for doctoral and health professional students who are considering careers in cardiovascular health sciences, the program allows students to observe and participate in the research process alongside mentors from leading research institutions.
Around the U

UMMC 5K Run

Photos courtesy of Wisam Buti
Around the U

ASB SPRING PARTY

Photos courtesy of UMMC Public Affairs
Around the U
The Jackson Lunch Crunch

Some solid blue plate lunch specials you need to know about, updated with the latest joints to spice up your lunch hour.

page 36
**THE LUNCH CRUNCH**

**BY: JOHN BOBO**

<table>
<thead>
<tr>
<th></th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>BULLY’S</td>
<td>SMOTHERED LIVER AND ONIONS</td>
<td>SAUSAGE RED BEANS WITH RICE</td>
<td>SPAGHETTI AND MEAT SAUCE</td>
<td>BAKED CHICKEN AND DRESSING</td>
<td>MEATLOAF WITH TOMATO GRAVY</td>
<td>CHICKEN TETRAZZINI</td>
</tr>
<tr>
<td>LOGAN FARMs</td>
<td>FRIED CHICKEN PARMESAN, FRIED CHICKEN TENDER CAESAR WRAP</td>
<td>SMOKED PORK Loin OR FRIED PORKCHOP, PHILLY CHEESESTEAK PIZZA</td>
<td>POT ROAST OR COUNTRY FRIED STEAK, POT ROAST PASTRY</td>
<td>MEATLOAF OR HAMBURGER STEAK OR OLD FASHIONED PATTY MELT</td>
<td>FRIED CATFISH OR BAKED PARMESAN CATFISH OR FRIED KATISH PIZZA</td>
<td>COUNTRY FRIED STEAK</td>
</tr>
<tr>
<td>LOU’S</td>
<td>RED BEANS AND RICE</td>
<td>CRISPY CHICKEN</td>
<td>MEATLOAF</td>
<td>PORK CHOP</td>
<td>ETROFFEE</td>
<td></td>
</tr>
<tr>
<td>MAY- FLOWER CAFE</td>
<td>LASAGNA, STUFFED CRAB, HAMBURGER STEAK, FRIED PORK CHOP</td>
<td>COUNTRY FRIED STEAK, GRILLED CHICKEN BREAST, FRIED FISH STRIPS, CALF LIVER + GRAVY/ONIONS, DRIED BEEF</td>
<td>POT ROAST VEAL CUTLET WL/ CREAM SAUCE, FRIED FISH TENDERS*</td>
<td>CHICKEN AND DUMPLINGS, CRAP MEAT PATTY, HAM- BURGER STEAK, CALF LIVER + GRAVY/ONIONS, DRIED BEE</td>
<td>CALF LIVER + GRAVY/ONIONS, FRIED CHICKEN, FRIED CAT- FISH, FRIED FISH TENDERS</td>
<td></td>
</tr>
<tr>
<td>PARLOR MARKET</td>
<td>SMOTHERED PORKCHOP</td>
<td>MEATLOAF AND RED GRAVY</td>
<td>BUTTERMILK FRIED CHICKEN AND LOUISIANA HONEY</td>
<td>POT ROAST</td>
<td>BBQ DIPS OR FRIED SIMMON’S CATFISH</td>
<td></td>
</tr>
<tr>
<td>SALTINE</td>
<td>RED BEANS AND RICE</td>
<td>CHOPPED STEAK</td>
<td>CHICKEN FRIED CHICKEN</td>
<td>PORK CHOP</td>
<td>SIMMON’S CATFISH AND HUSHPUPPIES</td>
<td></td>
</tr>
<tr>
<td>WALKER’S</td>
<td>RED BEANS AND RICE</td>
<td>RACKED/FRIED CHICKEN</td>
<td>SMOTHERED PORK CHOP</td>
<td>MEATLOAF</td>
<td>FRIED CATFISH</td>
<td></td>
</tr>
<tr>
<td>FINE &amp; DANDY*</td>
<td>BACON WRAPPED MEATLOAF, FRIED CHICKEN, CATFISH, OR VEGGIE PLATE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* served all week

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

---

*Fine & Dandy* served all week.
THE HAPPY HOUR RUNDOWN

BY MIKEY ARCEO

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 5-7 PM: $6 cocktails - daiquiri, jack rose, manhattan, martini, old fashioned, sidecar

Babalu
M-F 3-6PM: $1 off draft beer, $4 sangria, $5 house wine and wells, $6 house margaritas, tequila, sangria, $10 mojito flights, $3 tacos, $7 dip trio, $10 slider trio, $5 dessert sampler

Barrelhouse
M all day, T-F 3-6 PM $3 off wine, $2 off beer, $4 well drink, $5 meatballs
Tuesday scrub day, 20% off for wearing scrubs

Fondren Public
M-F 4-7 PM: $1 off beer, wine and liquor

Hops and Habanas
M-Th 4-6 PM: $5.50 cocktails, draft beer, adult slushies, wine small plates: bourbon wings, portobello fries, crispy brussel sprouts, stuffed mushrooms.

Pig and Pint
M-F 3-6 PM, S 11-6 PM: $1 off beer

Sal and Mookie’s Pie Lounge
T-F 11-6 PM: 25% off all beer, liquor and wine

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

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

NEARISH

Fine & Dandy
M-F, 3-5 PM: $3.5 beers, $6.5 wine, $7 golden girl, $5 tots, $8.5 pimmento, $4 deviled eggs

Gold Coast Bar at Cultivation Food Hall
Daily, 2-6 PM, $6 daiquiri, sazerac, prosecco, house red and white wine

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 4-6 PM: $2 off all Author drinks and wine, $5 well drinks, $1 off all beers

Lou’s Full-Serv
M-F 4-6 PM: $5-8 cocktails, $5 well drinks, $3 bottled beer, $5 snacks: pork sliders, hot brown fries, salmon crostini

Deep South Pops
Daily, 4-7pm: 2 for $5 popsicles, $1 off beers

A LITTLE WAYS

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

Parlor Market
M-F, 4-6pm: $5 wines, $5.5 well drinks, $5-$10 meatballs, truffle fries, burger

Ole Tavern on George Street
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 draft beer, domestic, cans, wells

The Bulldog
M-F, 11a-7p: 30 cents off pints, $1 off pitchers, $1.50 off house wine, double drinks for the price of a single
Spring Festival Guide

The complete list of all the music and arts festivals you should consider this spring! Pictured here, Juke Joint Festival in Clarksdale, on April 12-14. page 44
March has been madness. Now that spring break has come and gone, the M2s have buried themselves in books their Big Test... The M4s are buying houses in Charlottesville... and you’re sitting here bewildered: which of the 30 things on your to-do list you should try to knock out first?!? Go get a tall glass of water and spend a few minutes reading about what’s happened in the outside world:

I n late January, President Trump signed legislation ending the longest-ever United States government shutdown, only receiving $1.4 billion of his desired $5.7 billion for the construction of a border wall. Subsequent to the government reopening, President Trump declared a national emergency on the border in order to divert Defense Department monies to build his proposed wall. On Friday, April 5th, the Democratic-controlled House of Representatives sued the President, alleging his actions were unconstitutional. With this move shifting the political battle to the courts, this will be a news story to watch. [Sources: The Hill, CNBC]

Eyes of the world remain on Prime Minister Theresa May, the United Kingdom and the European Union as the EU leaders decide on Wednesday, April 10th, whether to grant the U.K. an extension on Brexit negotiations. If the EU refuses to grant an extension, the U.K. could be faced with a choice on Friday, April 12: to leave the EU with no deal in place or to revoke the entire departure process. The political uncertainty has angered many in Britain and continues to affect the Globe’s financial markets.

Other news stories around the Nation and World included the arrest and dropped charges of Empire actor Jussie Smollett for his alleged staging of an attack on himself; notorious drug kingpin Joaquin “El Chapo” Guzman was convicted of drug trafficking, money laundering, and firearms possession in February and awaits sentencing in the United States Federal courts system; the rapidly-filling Democratic field of Presidential candidates seems to grow larger nearly every week; continued unrest in Venezuela between President Nicolas Maduro and opposition leader Juan Guaido; Ex-Trump campaign chief Paul Manafort sentenced seven and a half years in federal prison on numerous fraud charges; President Trump and Marshall Kim Jong-un of North Korea’s second summit, largely panned as a “failure” occurred in Hanoi and ended abruptly when a nuclear deal could not be reached. This author is currently listening to The National in anticipation of the band’s next album I Am Easy To Find, which debuts May 17, 2019. Previously-released albums Boxer and High Violet are heavy in this author’s music-listening rotation, as is a new podcast called Coffee and Flowers. Hosted by Christopher Hooton & David Rapson “Coffee and Flowers” discusses one song by The National every episode. It can be found on your favorite podcast-streaming app.
Two and a half hours north in Clarksdale, Juke Joint Fest kicks off spring festival season.

@ Red's Blues Lounge

BY FORD FRANKLIN
PHOTOS BY RORY DOYLE

SOUL OF THE Delta
Warm Mississippi breezes usually carry the smell of wet, fertile soil and nearing storms through sleepy Delta towns like Clarksdale. But during Juke Joint, they sweep up hints of fried food, cheap beer and twangy blues guitar from the humming crowds downtown.

The wide streets around Clarksdale’s many old blues clubs, or “juke joints”, are packed with people from all over the country, listening to the blues in its home, mere minutes from Robert Johnson’s fabled crossroads.

Juke Joint is Mississippi’s premier blues festival, showcasing the Delta’s history and spirit as told by the musicians that were formed by it. It takes place over the course of four days and culminates in a citywide party on Saturday, with countless acts playing on various stages in the streets, in old movie theaters and in the dive bars that lend the festival its name.

The story goes that one dark night near Clarksdale in the early 1930s, mediocre musician Robert Johnson took his old guitar down to the crossroads of Highways 49 and 61. What happened there is anybody’s guess. Some say he sold his soul to the devil in exchange for legendary skills at the guitar. Johnson’s only recorded songs were released only a year before his untimely death at the age of 27, but those few that we have propelled him to mythical status, on par with Hercules and Paul Bunyan. No one at that time had ever heard a guitar played in that way, and combined with his strained, desperate voice, the Delta blues was born.

If you can pry yourself from the books and make the two and a half hour drive up Highway 49 to Clarksdale on Saturday morning, you should get there in time to grab lunch from one of the food trucks downtown. Juke Joint fanatic and Clarksdale native, John Bobo, recommends getting a kibbie sandwich as soon as you find your way down-

by Ford Franklin | 3rd Year, Medicine
Need to Know
town. “There is a tent on Delta Avenue operated by the sweetest lebanese and italian women just itching to sell'em to you. Kibbie, a lebanese fried beef delicacy, is wrapped in pita smothered in hot sauce and vinegar and nestled in a bed of lettuce and tomato. After that, walk over to a tent operated by The Dutch Oven to get your sweet fix of homemade brownies, cookies and pies. This is assuming you’ve already bought your six pack of tall boys at the Corner Grocery gas-mart.”

Go to stages in the wide streets or deep in crowded bars to hear authentic Delta blues, including legendary bluesman R.L. Burnside’s sons, Garry and Duwayne. At its heart, Juke Joint isn’t really about the names on the headline. It’s about packing into a humid bar with your friends and a cheap beer. Seeing an old man, born with the blues in his veins, bend a guitar in ways they only know how in Mississippi. Eating a home-cooked meal served by a stranger from a grill in the middle of the street. And above all, it’s about celebrating the Delta and its gifts to the world.
Need to Know

THE SOUTH’S BEST FESTS

APRIL 11-15  Juke Joint Festival, Clarksdale MS
APRIL 26-27  Double Decker Arts and Music Festival, Oxford MS
APRIL 26–MAY 5  Jazzfest, New Orleans LA
MAY 3–5  Memphis in May, Memphis TN
MAY 17–19  Hangout Music Festival, Gulf Shores, AL
MAY 31–JUNE 1  Cathead Jam, Jackson MS

Headliners, ranked*

HANGOUT  TRAVIS SCOTT, THE LUMINEERS, KHALID, VAMPIRE WEEKEND, CARDI B, KYGO
MEMPHIS IN MAY  DAVE MATTHEWS BAND, THE KILLERS, CARDI B, KHALID
JAZZFEST  DAVE MATTHEWS BAND, KATY PERRY, JIMMY BUFFETT, CHRIS STAPLETON
CATHEAD JAM  THE REVIVALISTS, ANDERSON EAST, UMPHREY’S MCGEE, YOUNG VALLEY
JUKE JOINT  DUWAYNE AND GARRY BURNSIDE, SUPER CHIKAN, REV. PEYTON’S BIG DAMN BAND
DOUBLE DECKER  JASON ISBELL AND THE 400 UNIT, SHOVELS AND ROPE, LUCERO

BEST PARTIES, RANKED*

1. JAZZFEST
2. JUKE JOINT
3. HANGOUT
4. MEMPHIS IN MAY
5. DOUBLE DECKER
6. CATHEAD JAM

*All rankings submitted without justification and are not subject to dispute
Lip, dip, paint. These were the instructions given to the women painting the watch dials manufactured by radium factories in 1920’s America. The salary ranked the women in the top 5% of female wage earners and perhaps of equal appeal gave them opportunity to work with radium, the en vogue wonder drug of the time. It was valued at $120,000 for a single gram and was expected to cure cancer, fevers, and restore vitality. The women were told the paint was harmless and thus as instructed did the “lip-pointing” technique to achieve the most precise designs with the least amount of waste, subsequently ingesting radium every day on the job. The dial painters adorned themselves in luxurious clothing and literally glowed as the lingering trace of radioactive paint from the workplace transilluminated them, making their peers wistful.

One of the great ironies in this story is Dr. von Sochocky, the company’s initial founder who understood firsthand the dangers of radium as he watched his own fingers decay from carelessly handling the substance. Author Kate Moore details a moment where von Sochocky sees a dial painter lip-pointing and immediately tells her to stop due to the dangers, but this does not atone since there were hundreds of others who did not receive the same warning, as it was his responsibility to protect and properly inform his employees. With a half-life of 1,600 years, radium previously remained camouflaged but was making its presence known as the radium girls slowly became sick. Moore vividly recounts the gruesome suffering the once glamorous young beauties experienced as their faces rotted from the inside out.

The unexplained jaw necrosis epidemic perplexed dentists and physicians before finally connecting their ailments to one common denominator: lip, dip, paint. The Workmen’s Compensation Bureau denied the claims that the radium girls’ parallel symptoms were due to occupational exposure as radium was not one of nine industrial diseases covered by state law, leaving families unable to receive medical compensation. Nonetheless, the girls didn’t stop fighting. Moore champions their fight to be helped, to be seen, and to matter. She illustrates the strength in which they fought their daily battles as well as their unified cause against their employer, paving the way for worker’s compensation laws and attracting significant media attention. In 1925, Marguerite Carlough found a lawyer willing to fight for her and the first class action against United States Radium Corporation (USRC) was filed, a lawsuit that would span a decade and see the Supreme Court before the girls finally received proper compensation.

Kate Moore meticulously leaves no dial painter name or detail out, creating a sincere, personal tribute to the women whose lives were painfully cut short, due to a corporate bottom line. As the reader there were times we felt bogged down by heavy character load and a hint of repetitiveness surrounding each character’s story; however, perhaps it’s warranted after the torture and grievances they experienced. Let the radium girls remind us that social injustice will continue to occur unless we listen with intent to our fellow man. As physicians, may this story resonate the importance of our willingness to question, no matter how ironclad a new concept, drug, or research initially seems.