THE MURMUR
THE UNIVERSITY OF MISSISSIPPI MEDICAL CENTER

Issue One | 2020

BACK TO SCHOOL PARTY

Cowboys and Aliens
Now I can...
be a family man

“Don’t let me die. I’ve got a baby on the way.”

As rescuers rushed Frank Elam of Eupora to the hospital following a car crash, the paralyzed 22-year-old was determined not to miss his firstborn’s birth. Duties he now accomplishes from the seat of his custom wheelchair.

Elam and his wife, Heavenly, relied on the spinal cord injury team at Methodist Rehabilitation Center in Jackson to teach them how to adapt to their new reality. And Heavenly says MRC’s expertise helped make the most of Elam’s hard work.

“They took us in like we were kids,” she said. “People at MRC care about patients and what they are going through.”

“Now I’m in a wheelchair, I’m going to be best man in a wheelchair I can be,” Elam said. “At the end of the day, it’s all about making the best life for our son.”

— Earl R. Wilson, Founding Chairman

Methodist Rehabilitation Center

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.
On behalf of the associated student body, I would like to welcome you to the University of Mississippi Medical Center. Regardless of the program you’re enrolled in today, you each represent a medical provider and/or scientist in the healthcare of tomorrow. If you ever have any questions, comments or concerns regarding your experience at UMMC, please reach out to your program’s ASB representatives. We are looking forward to an amazing year ahead.

If you have any questions, comments, concerns, and/or suggestions that you would like to submit anonymously to the UMMC Associated Student Body, please select the link to an anonymous comment box located at the ASB page on umc.edu.
Around the U

Everything that’s going on at UMMC

Back to School Party

Cowboys, and aliens, and humans OH MY!
Student Affairs professionals are engaged in fostering an environment that promotes academic success and student development. Our offices coordinate a wide variety of services and activities that impact all students; operating essentially as a channel of support for the student in this educational process. Health science education moves fast, so don’t hesitate. Let us be useful early.

Words of Wisdom from the Office of Student Affairs

1. Don’t be afraid to speak up if you have a need. The Deans of each school have been quite attentive to even the most basic student support requirements. Each school has a student affairs officer that helps connect students to this comprehensive tool box of resources. If something seems amiss, reach out to the Student Affairs Officer for your school. Health science education moves fast, so don’t hesitate. Let us be useful early.

2. Our institution believes that diversity and inclusion are integral to our mission and we remain committed to fostering a climate of respect, belonging, and excellence. Differences are interesting and fun; to be celebrated. See what you can learn from faculty, student colleagues and patients that are different in some way than you. It will make you better. It may be hard to believe this, but you’re building (or perhaps not) your referral network beginning with day one.

3. Take time for personal wellness. You’re beginning an educational marathon, not a sprint. Good habits built around diet, rest, exercise, relationships, spirituality and emotions will pay huge dividends. That said, at varying points along this journey, many of us will take a well-deserved break to let our hair down. Use good judgement during these times and be safe.

4. Intellectual wellness doesn’t stop in the classroom. Successful students are proactive and seek additional experience and knowledge beyond what is incorporated into a particular school’s curriculum. This might include participating in a research project, volunteering in the community, or finding a way to improve campus life. …and remember, marijuana is still illegal in Mississippi.

Best of luck this year. Thanks for choosing the University of Mississippi Medical Center for your education. Mississippi needs you.

Jerry Clark, Ph.D., M.B.A.
Chief Student Affairs Officer, UMMC
Associate Dean for Student Affairs, UM SoM
The Medical Student Family Alliance (MSFA) is a student and spouse run organization with a purpose to helping medical students, their spouses, and their families through the ups and downs of the medical school journey. We strive to create a community of friendship through service projects and social events benefiting UMMC medical students and the local community. Some projects we work on throughout the year include Breakfast Before Boards (providing donuts, coffee, OJ, etc for M3s on the morning of their NBME exams), SpookyU (benefiting the Mustard Seed), and a daycare service for M4 families during their Long Coat and Match Day ceremonies.
SpookyU is an annual Halloween fundraiser hosted by MSFA that is open to all UMMC students, faculty, and employees and their respective families. Its purpose is to provide a safe, fun environment for both UMMC families and the Seedsters from the Mustard Seed. A huge part of SpookyU is the involvement of the Mustard Seed, and MSFA serves as one of, if not, the primary trick-or-treating experience for the Seedsters. Over the years, MSFA has raised money for several charitable organizations including Blair E. Batson Children’s Hospital and others, but their primary recipient of our fundraising over the last several years has been the Mustard Seed. SpookyU occurs annually during the middle of October, with plenty of fun, games, and a ton of involvement from many of the student organizations from all the various educational schools at UMMC. The booths are at the core of the event as they decorate booths, have games, and give out tons of candy to the kids that attend. There was a great turn out this year!
Where did you grow up? Jackson, MS

High school? Jackson Academy

What did you want to be as a kid? A doctor

College? Major? Ole Miss. Chemistry and Math. I spent 2 years at University of Oxford in England after undergrad

What advice would you give yourself as a med student? Be in the moment. Don’t always worry about the next step.

Tell me about your stint as editor of The Murmur. It was one of my favorite things I did in med school. We got pretty silly with it at times. There was this one issue where we gave “advice” on how to pass the clinical skills exam and just wrote the most absurd suggestions. Basically all the outrageous things you would never do.

Do you have a favorite magazine? Runner’s World and Tennis Magazine

Would you edit a publication again? I would, but it would have to be about content I was passionate about.

Do you play any musical instruments? Piano

Hidden talents? I picked up darts while living in England and was captain of one of the darts teams at Brasenose College at Oxford University. Also, my obsession with the NFL as a kid led me to memorize scores to games from nearly entire seasons and the scores to every Super Bowl.

Who is your sports team? Ole Miss for any sport. I love the Dallas Cowboys. Rafael Nadal. And I used to be a Lakers fan but not so much these days.

What country would you love to visit? Switzerland. It’s one of the most beautiful places in the world. South Africa is on my list.

When you were a resident what was one snack you would have to have during an overnight call? A banana or snickers. Or both.

What’s one cause dear to your heart? My faith is very important to me

Favorite holiday to celebrate? Thanksgiving. The post-holiday come down from Christmas is sometimes too much to bear

Favorite food? Pizza

Cheeseburger or pizza? Yeah, definitely pizza.

BBQ ribs or Fried Chicken? Fried Chicken

Spaghetti and Meatballs or Mac and Cheese? Spaghetti and meatballs

Least favorite food? Beans.

Favorite restaurant in jxn. Lost Dog Pizza. The Lucille is my go-to.

What ice cream flavor would best describe you? Cookies and Cream

What’s one thing you always travel with? Ankle splints. I sleep in them every night. It has absolutely saved my running game.

Are you binge watching anything right now? I am not. I do love these documentaries called A Football Life on NFL Network that I keep on in the background while typing notes.

Favorite tv show of all time. Inside the NFL (from the 1990s, not the current format)

Favorite plot twist in any movie. The end of The Usual Suspects. Also the phone call at the end of The Bourne Ultimatum.

Favorite animated movie. Inside Out

Book you’d recommend. Sum It Up, by Pat Summitt. Others are Integrity, by Henry Cloud; The Screwtape Letters, by C.S. Lewis; A Thousand Splendid Suns by Khaled Hosseini.

Favorite book. The Lion, the Witch, and the Wardrobe, by C.S. Lewis

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A new C Spire mobile telehealth app is allowing anyone located in Mississippi to receive non-emergency urgent care from University of Mississippi Medical Center providers. The free app, C Spire Health, connects users face-to-face with providers through UMMC’s Center for Telehealth. It’s designed to improve access to quick and reliable care for a number of routine ailments, especially for those living in the state’s rural corners and other underserved areas.

The app is the product of more than two years of development by C Spire in collaboration with the Center for Telehealth. Those using it don’t have to be C Spire customers. The app can be downloaded from the Google Play and Apple App stores to any smartphone that runs either an Android or iOS operating system.

“As an innovative technology leader that gets our inspiration from customers, we are excited about giving the state’s consumers more choices to better manage their health care with simple, easy and convenient solutions,” said Hu Meena, president and CEO of C Spire, a Mississippi-based diversified telecommunications and technology services company.

“We see this as a step forward for Mississippi,” said Kevin Cook, chief executive officer for UMMC’s Health System.

“We’re proud to be a partner with them and to provide high quality health care when you need it and where you need it.”

UMMC is one of only two Telehealth Centers of Excellence nationwide and has led industry efforts in Mississippi for broader application of telemedicine.

Currently, UMMC clinicians are providing services through the app, but as the program grows, the goal is to include other physicians and nurse practitioners from around the state.

The cost for a visit is $59, payable online by credit card when scheduling an appointment through the app. It’s an attractive alternative for those with limited or no health insurance, and studies show is significantly less expensive than a visit to a traditional urgent care clinic or emergency room.

C Spire Health isn’t intended to replace a user’s primary care physician, but instead to treat common, non-emergency medical conditions. Patients can make an appointment after downloading the app and creating an account. Visit hours are Monday-Friday 7 a.m.-9 p.m. and Saturday 8 a.m.-5 p.m.

On the initial visit, a clinician will ask the patient questions about his medical history. The information is stored securely. The clinician will evaluate the patient’s condition verbally through audio or video consultation. In most cases, the clinician can reach a diagnosis and recommend a treatment plan without additional testing.

The provider also can call in prescriptions to the patient’s preferred pharmacy and refer patients to specialists if needed. The app will send patients a summary of their visit at the end of their appointment.

UMMC 2 You, a similar telehealth urgent care program, is offered by the Medical Center to state employees who are covered by the state’s insurance plan. Several corporations also take part In UMMC 2 You. Users can download the UMMC
Around the U

2 You app onto a computer, tablet or smartphone and create an account. State employees covered by the base plan pay $49 per visit and are eligible for a $10 copay after meeting their annual deductible; those covered by the select plan pay $10 per visit, which is not subject to their annual deductible. Costs to corporate customers vary by insurance provider.

The C Spire Health app debuts at a time when hospitals and doctors are looking for new, creative ways to combat physician shortages. At the same time, there are growing consumer preferences for more convenient access and treatment for minor health issues and conditions, said Ryan Kelly, executive director of the Mississippi Telehealth and Rural Health Associations.

Meena said technology innovation in health care is a key part of the C Spire Tech Movement, a companywide effort begun in 2017 designed to help move the region forward through improvements in broadband access and workforce development.

To learn more or to download and use the C Spire Health app, go to www.cspirehealth.com.

Save the Date for the 40th Annual
Margie Bulboff Memorial Golf Classic
for UMMC Students, Residents, Alumni, Faculty & Friends
Saturday, March 28, 2020
Patrick Farms Golf Club
1 p.m. Shotgun Start • Four-man Scramble
Door Prizes • Dinner
Registration opens in February 2020
Questions? Contact the Office of Alumni Affairs at 601.984.1115 or alumni@umc.edu

2020 Tournament Chairs:
Augustin Casals (M4) acasals@umc.edu
Phillip Qu (M4) pqu@umc.edu

Sponsored by the UMMC Office of Alumni Affairs and Students from the School of Medicine
Breastfeeding is hard. Breastfeeding is an easy, natural, and beautiful experience and is clearly the only way to go. There’s just one problem...  


On December 2nd of my M3 year, my perfect baby girl came into the world. I had planned all along to breastfeed because your baby is completely and totally dependent on you for food and no one else can help you carry that burden. You can’t even pump for the first 4-6 weeks because you can cause an oversupply and you can’t introduce a bottle or a pacifier for four weeks because it could cause “nipple confusion.” Seriously. That’s apparently a real thing. New moms are expected to navigate all of this while simultaneously getting to know this brand new, helpless little person. For me, it took over a month to heal and to finally feel like we were starting to get the hang of things.

Then it was time to come back to school. Eight weeks after Rachel was born, she started daycare and I took on the challenge of finding time and space to pump as a rotating medical student whose grade depends heavily on evaluations. I had high hopes that, starting back on OB/GYN, I would find the support I was looking for. On day three I was almost in tears because I was in so much pain. No one ever talks about cluster feeding, lanolin, ice packs, cracking, bleeding, clogged ducts, mastitis, the list goes on. No one tells you that even once you’re past the first miserable weeks, you’ll miss out on family game night and have to leave halfway through dinner with your friends to follow you around until the second you announce a pregnancy. Breastfeeding is an easy, natural, and beautiful experience and is clearly the only way to go. There’s just one problem...


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logistics was ignored completely. One morning, I told a resident that I would have to step away a couple of times throughout the clinic day and asked if there was a good place for me to pump. She suggested I use the staff bathroom. During another clinical, I ended up having to pump in a sparse storage/exam room I was sharing as a workspace with two other students.

It was clear that, to them, my efforts to live out the mantra we chanted to patients gave me the appearance of being uninvested and unprofessional.

On the other hand, some departments went above and beyond to be helpful. During my pulmonology elective for example, not only was the team supportive of my need to step away, but one of the fellows offered to let me use her personal refrigerator during the day so that I didn’t have to carry a cooler. The Family Medicine Department Faculty were also very supportive. The Lake- land Family Medicine Clinic even has a designated lactation room (although it was not always available and was often occupied by employees looking for a private place to eat their lunch).

Dr. Clark and the Office of Student Affairs were, as always, amazing and supportive.

After talking with other moms who’ve tackled breastfeeding in professional school, the struggle is pretty universal. One student found herself having to walk to her car at the stadium during her lunch break to pump due to there being no appropriate space available to her on campus. Another hung a sign on the door of group study room. Employees frequently find themselves having to use shared office space. Only in the last two years have pumping rooms become more available, but still there is more need than there is space.

Caroline Morris, a fellow M3 mom said, “You know, the AAP recommends 6 months of exclusive breastfeeding... and it’s easy to spit out a recommendation like that. But, it’s hard to live that out, even being in the profession that quite literally made the recommendation. Breastfeeding is hard. Breastfeeding is time-consuming. No one tells you that your baby might sleep through the night, but you’ll have to set an alarm to wake up at all hours of the night to pump or nurse. There were nights I would set three alarms during an eight hour stretch to get up and pump. There were countless antibiotics prescribed for mastitis due to my child’s poor latch. There were 4 visits to a Lactation Consultant, and even a tongue-tie procedure to hope- fully make our breastfeeding journey more effective. It’s a hard, emotional and yet beautiful journey. The decision to stop breastfeeding was incredibly difficult for me. We made it four and a half months, and somehow it wasn’t long enough, yet it was also too long.”

Even with all of the struggles and setbacks, I wouldn’t trade my breastfeeding journey for the world. I know that Rachel and I are lucky. What I would change is the attitude surrounding breastfeeding. New moms, whether they be students, employees, or pa- tients, need a little grace, especially from those of us in the medical field. Breastfeeding may be beautiful, but it’s anything but easy.

To my fellow students, [very soon] we will be graduating and going out into the world as new physicians. We owe it to our patients to educate ourselves on the challenges that come with the recommendations we give. It should be our goal to provide encouragement and support instead of judgement and condescension. After all, we didn’t go into medicine because we have a pas- sion for recommendations.

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I have an employment contract! Now what do I do?

After years of medical training, you now hold an offer for employment. Before signing on the dotted line, it would behoove you to have a healthcare attorney review your contract. Unfortunately, hiring a healthcare attorney is an expense you may not have considered. To ease that burden, Medical Assurance Company of Mississippi now has a program to provide a review of employment contracts — at no charge — for resident physicians at the University of Mississippi Medical Center. The employment contract initiative — a $500 value — is limited to one review per resident.

To qualify:
- You must be a resident/fellow of the University of Mississippi Medical Center.
- You must be seeking employment as a practicing physician in Mississippi.
- You must be one of the first 100 residents/fellows with a contract to contact MACM.

If you are seeking employment or have an employment contract in hand and would like advice from a healthcare attorney, contact MACM at the following:

Stephanie Edgar, JD
General Counsel
(601) 605-4882
sedgar@macm.net

MACM is the leading provider of medical professional liability insurance for physicians living and practicing in Mississippi.
Around the U

M1 FIELD DAY
Around the U

cowboys and aliens

BACK TO SCHOOL PARTY

Photos courtesy of UMMC Public Affairs
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MACM is the leading provider of medical professional liability insurance for physicians living and practicing in Mississippi.

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- Physical exams for sports, school, employment, or insurance
- Workers’ compensation injuries and industrial screenings
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Always right there. ALWAYS RIGHT.

CROSSWORD ON PAGE 50
Around the U

ABOUT

UMMC's Internal Medicine Interest Group, endearingly known as ClubMed, had their first meeting of the year this past August. Over 80 students were in attendance to learn more about Internal Medicine as a specialty, the benefits of joining the American College of Physicians (ACP), and were introduced to a few of this year’s initiatives. Dr. Calvin Thigpen and Dr. Richard Wardrop spoke to students about how meaningful IM is as a specialty as well as how ACP has helped build them throughout their career. Remember, joining ACP as a medical student is free and provides great resources as well as opportunities to get involved. Our next meeting is September 25th at NOON in R153 with Cardiologist Dr. Mike McMullen. We will also be electing M1 Class Representatives at this time.

GET INVOLVED

There are so many opportunities to get involved this year, even if you are not interested in medicine as a career. Make sure you are following our page on Instagram @ClubMedUMMC for updates. This year we will be having numerous Echo workshops if you were unable to attend the first few, as well as several Point of Care Ultrasound workshops throughout the year, too! Be on the look out for an email with information regarding shadowing procedural subspecialties of IM, such as Cardiology and GI.

SUPPORT

Do you really need an excuse to buy an awesome t-shirt? T-shirts are on sale now! You can find our link under UMMC Medicine on the JCG apparel site! Or, check out our Instagram for a direct link in our bio.

Mindy Talley
Medicine | Fourth year
Club Med President

Dr. Calvin Thigpen, left, with Dr. Richard Wardrop, right. Dr. Thigpen serves as the Program Director for UMMC’s Internal Medicine residency program and Mississippi’s ACP Chapter Governor. Dr. Wardrop serves as Vice Chair of Education and Chair of the ACP Council of Early Career Physicians.

Students listen as Dr. Thigpen discusses finding meaning in all that you do.
Talk of the Town

Dessert Flow Chart

Mary Moses Hitt helping you make life’s most decadent decisions. Pictured here are macarons from La Brioche.
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**

<table>
<thead>
<tr>
<th>Venue</th>
<th>Deals and Details</th>
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<tbody>
<tr>
<td><strong>Apothecary</strong></td>
<td>T-Sat, 5-7pm: $6 cocktails, wine, bar snacks</td>
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<tr>
<td><strong>Babalu</strong></td>
<td>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</td>
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<tr>
<td><strong>Barrelhouse</strong></td>
<td>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)</td>
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<tr>
<td><strong>Hops and Habanas</strong></td>
<td>Thursday 6:00-8:00, Pint Night: free pint with purchase</td>
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<tr>
<td><strong>CAET</strong></td>
<td>M-F, 3-6pm: $5.50 snacks, wine, cocktails, sangria, adult shishies</td>
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<tr>
<td><strong>Pig and Pint</strong></td>
<td>M-F, 3-6pm: $1 off all draft and bottle beer</td>
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<tr>
<td><strong>Sal and Mookie’s Pie Lounge</strong></td>
<td>M-F, 11a-6p: 25% off all bar drinks, Sat/Sun $5 mimosas, bloody marys, bellinis</td>
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<tr>
<td><strong>Saltine</strong></td>
<td>Daily, 4-6:30 ½ price draft beers, cocktails, wine, $1 oysters, $3 chicken biscuits</td>
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<tr>
<td><strong>Sneaky Beans</strong></td>
<td>M-Th, 5-7pm: $1 off beers; M-F 10a-12pm: free upsize coffees</td>
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<tr>
<td><strong>Surin</strong></td>
<td>Daily, 4:30-7pm: $2 off beer, house wine, martinis. 1/2 off select sushi rolls</td>
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<tr>
<td><strong>Aladdin</strong></td>
<td>BYOB, 10% off meal with UMC ID</td>
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**Nearish**

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<tr>
<td><strong>Manship</strong></td>
<td>M-F, 3-6pm: ½ price pizzas, $2 off craft and import beers, 25% off large format bombers, $5 house wine and barrel picks</td>
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<tr>
<td><strong>Library Lounge</strong></td>
<td>M-F, 4-6pm: $5 wells, house wine, flat bread, queso, cheese board</td>
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<tr>
<td><strong>Lou’s Full-Serv</strong></td>
<td>M-F, 4-6pm: $5-8 cocktails, $5 snacks</td>
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<tr>
<td><strong>Deep South Pops</strong></td>
<td>Daily, 4-7pm: 2 for $5 popsicles, discount on beers</td>
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<tr>
<td><strong>Fenians</strong></td>
<td>M-F, 3-7pm: $1 off all drinks</td>
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<tr>
<td><strong>Wingstop on State Street</strong></td>
<td>Mon/Tues, all day: 60 cent boneless wings</td>
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**A Little Ways**

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<tr>
<td><strong>Iron Horse</strong></td>
<td>M-3-6pm: $1 off pints, $3 MS beers, $4 wells, $5 martinis, $6 house wine</td>
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<tr>
<td><strong>Parlor Market</strong></td>
<td>M-F, 4-6pm: $5 wines, $5.5 well drinks, $5 truffle fries</td>
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<tr>
<td><strong>Ole Tavern on George Street</strong></td>
<td>M-F, 3-7pm/ Sat, 9p-12a: 2 for 1 wells and house wine, $2 long necks</td>
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<tr>
<td><strong>Estelle Wine Bar and Bistro</strong></td>
<td>Daily, 3-6pm: $5 wine and select cocktails, $4-6 small plates, Sunday $17 bottomless brunch cocktails</td>
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<tr>
<td><strong>La Cazuela Mexican Grill</strong></td>
<td>Sun-Th, 3pm til close: 2 for 1 house margaritas</td>
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<tr>
<td><strong>El Charro</strong></td>
<td>Mon-Th, 4-8pm: 2 for 1 flavored margaritas</td>
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<tr>
<td><strong>Martin’s</strong></td>
<td>Mon: 2 for 1 drafts, Tues: 10p -12am $2.25 margaritas, Sat: 11a-2p: $3 bloody marys</td>
</tr>
<tr>
<td><strong>Hal and Mal’s</strong></td>
<td>Daily, 4-7p: $1 off all drinks</td>
</tr>
<tr>
<td><strong>The Bulldog</strong></td>
<td>M-F, 11a-7p: 50 cents off pints, $1 off pitchers, $1.50 off house wine, double drinks for the price of a single</td>
</tr>
<tr>
<td><strong>Capitol Grill</strong></td>
<td>M-F, 3-7pm: ½ price wells, $1 off beers, ½ off certain shots</td>
</tr>
<tr>
<td><strong>Last Call Sports Grill</strong></td>
<td>M-Sat, 2-7pm: 2 for 1 mixed drinks, $1 off draft beers</td>
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Cold Weather Eats

M2 Jessie Smith has some tasty recipes to help you make a Winter, Winter, Easy Dinner

Need to Know

Advice, Recs, and Fun Stuff from the Outside
Late Night

Disclaimer: You are about to read the biased opinion of a Mindy Kaling superfan.

Mindy Kaling wrote and starred in Late Night as Molly Patel, a “diversity hire” for a late-night talk show who joins a table of unwelcoming Caucasian male writers and hopes to prove that she is just as talented and qualified despite her hiring being the result of the network’s attempt to diversify the staff. The story background is a nod to her real-life job as the only writer who was female and a person of color for “The Office” very early in her career amongst a table of welcoming all-men Caucasian writing staff. Kaling goes on to get promoted within the show, earn numerous award nominations for her work, and eventually create and star in her own show.

Expect the typical quirkiness seen in most characters created or played by Kaling as she starts out as an overly optimistic, audacious, pushy writer with a nearly complete lack of boundaries when it comes to her candor through quickly offering her suggestions for improvement for the show and the way things are run on the staff before she’s even had a chance to submit a joke suggestion. After being quickly grounded for her impudence, she is given wise and compassionate advice to earn her spot by producing quality work rather than resorting to provocative yet valid criticisms upfront.

Follow Molly Patel as she slowly wins over the staff while she stands firm in her ideals and in standing up for herself with witty comebacks against those who belittle and question her qualifications, hilariously but relatably finds her place/forces her way in as the newcomer joining a clique, cries while still managing to make fun of herself, and fights her way to the top with her hard-hitting and daring jokes in an effort to save Katherine Newbury’s (played by Emma Thompson) job and reputation as they collaborate to create a bold new approach to facing the media and critics that causes mayhem in the office space and puts everyone’s jobs at risk.

CRITIC’S CORNER

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Love the cast. Love the bluntness. Love the well-written quips. Love Mindy Kaling’s humility in being able to make fun of herself better than anyone else can make fun of her. Other than Mindy Kaling’s or rarely Emma Thompson’s character, it was hard to relate to any of the other characters of the movie. The storyline placed more focus on the humor and delightfulness of the main characters more than it did on the backstories or more organized development of the plot. If you’re looking for a pleasing, feel-good summer film with great, knee-slapping one-liners and female empowerment, look no further. I loved it.

The Most Fun We Ever Had | By Claire Lombardo

This book has all of the ingredients for a binge-worthy read. A multigenerational family saga written in non-linear style, each chapter divulges a little more about the tightly knotted Sorenson clan. A tale spanning over 40 years and divided up by season of the year, things center around the married heads of the family, Marilyn and David Sorenson (affectionately accused of loving each other more than their children), and the happy consequence of their love, those children. We quickly become acquainted with their four daughters, as the book opens on the wedding of their eldest, a shameless gold-digger who has genuinely fallen for her millionaire of a man. We are subsequently introduced to a compulsively driven lawyer turned stay at home mom, a professor up for tenure in a seemingly impossible relationship, and the afterthought of the family, isolated in her perpetual role of kid sister. Each page reveals a little more of the nuanced Sorenson web, especially after the reappearance of a child given up many years before.

Much like The Nest by Cynthia D’Aprix Sweeney or American Pop by Snowden Wright, The Most Fun We Ever Had presents a passionate insight into the complexities of family. I felt myself both sympathizing with and disdaining its characters, sometimes at the same time. With a playful sense of humor, author Claire Lombardo examines sisterhood, loyalty in blood, and the dichotomy of coldness and compassion in our closest relationships. The Most Fun We Ever Had is a solid first novel for Lombardo, and a siren song of a read that continues to pull you in, leaving you with the warm ache of humanity.

SHANU MOORTHY AND JOYCE

4th year | Medicine
Cold Weather Eats

by JESSIE SMITH, M2

As colder weather sets in, one of the things that accompanies this calendar transition is a change in menu offerings and food on the table. We go from cool, refreshing dishes of warmer months, to hearty and robust meals. These dishes include a lot of flavors and cover a range of festivities. We see chili and cornbread, gumbo, funnel cakes, pronto pups, red beans and rice, turkey and dressing, casseroles, pies, candy corn, apple cider, and of course, Pumpkin Spice Lattes.

Overall, it is a delicious and filling season of food and drink. However, day by day, you might not want something heavy for breakfast, lunch, and dinner. Finding a balance of healthy meals to lighten up your menu between those filling autumnal fares is essential to maintain those good habits you’ve been working on the rest of the year and to avoid reaching a bear-like state of hibernation.

One of the ways I try to keep that balance is to integrate some recipes into my week that work for breakfast eats as well as a soup that fits the bill. These recipes each have a few extra steps you can take in order to stretch out the food to have something on hand later. If cooking isn’t your thing—there are also some delicious favorites around town to pick up. Also check out Apothecary for a cozy cocktail! ;)

Instructions

Whisk all of the ingredients together in 1 large bowl. Pour into prepared baking pan. Top with nuts, if desired. (Or stir into the oatmeal.) Bake for 35 minutes or until the center appears *almost* set, which gives us a soft oatmeal as pictured above. For drier and more solid baked oatmeal, bake until center has set.

Cool for 5 minutes before serving. Spoon or slice and serve with yogurt, if desired. Cover leftovers tightly and refrigerate for up to 1 week.

Make Ahead Instructions

Bake oatmeal in pan or muffin pan, cool completely, and store in refrigerator all week for easy breakfasts. Reheat in microwave or oven.

To freeze, bake and cool oatmeal, then cover tightly and freeze for up to 3 months. Easy trick is to put two cups in a quart size freezer bag to thaw quickly in the microwave later!

Do not make the batter ahead of time because the oats will soak up all of the liquid!

1 Bowl Baked Oatmeal
(Recipe courtesy of Sally’s Baking Addiction)

Ingredients

1 and ¾ C milk (dairy or nondairy)
2 large eggs
½ C maple syrup (or honey)
½ C unsalted butter, melted and slightly cooled
⅓ C unsweetened applesauce or mashed banana
3 C old fashioned whole oats
1 tsp baking powder
1 tsp ground cinnamon
1 tsp pure vanilla extract
¼ tsp salt
1 and ¼ C mixed berries, fresh or frozen (If using frozen do not thaw)

Optional for topping: ½ C chopped walnuts or pecans

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**BEST EVER BANANA BREAD**  
*(Recipe courtesy of Sally’s Baking Addiction)*

**Ingredients:**
- 2 C all purpose flour
- 1 tsp baking soda
- 1/3 tsp salt
- ½ tsp ground cinnamon
- ½ cup unsalted butter, softened to room temperature
- ½ cup packed brown sugar
- 2 large eggs
- 1/3 C plain yogurt or sour cream (Greek yogurt works)
- 2 C mashed bananas
- 1 tsp pure vanilla extract
- Optional: ¾ C chocolate chips
- Optional: ¾ C chopped pecans or walnuts

**Instructions**
Adjust the oven rack to the lower third position and preheat the oven to 350°F (177°C). Grease a 9×5-inch loaf pan or coat with nonstick spray. Set aside.

Whisk the flour, baking soda, salt, and cinnamon together in a large bowl.

Using a handheld or stand mixer fitted with a paddle or whisk attachment, beat the butter and brown sugar together on high speed until smooth and creamy, about 2 minutes. On medium speed, add the eggs one at a time, beating well after each addition. Beat in the yogurt, mashed bananas, and vanilla extract on medium speed until combined. With the mixer running on low speed, slowly beat the dry ingredients into the wet ingredients until no flour pockets remain. Do not overmix. Fold in the nuts, if using.

Spoon the batter into the prepared baking pan and bake for 60-65 minutes. Loosely cover the bread with aluminum foil after 30 minutes to help prevent the top and sides from getting too brown. A toothpick inserted in the center of the loaf will come out clean when the bread is done. Remove from the oven and allow the bread to cool completely in the pan set on a wire rack.

Cover and store banana bread at room temperature for 2 days or in the refrigerator for up to 1 week. Banana bread tastes best on day 2 after the flavors have settled together.

Great sliced and toasted in the oven

**Make Ahead Instructions**
Cool baked banana bread completely.
Tightly wrap load or slices in 2-3 layers of plastic wrap or aluminum foil
Place wrapped banana bread in large freezer bag or reusable container
Date the bag and freeze for 3-4 months
Storing slices makes it super easy to thaw out an individual piece one morning. Can microwave or put it in the oven to thaw quickly!

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**SAUSAGE TORTELLINI SOUP**  
*(Recipe courtesy of Ashley Fehr, Recipe Rebel)*

**Servings:** 12 sliders

**Ingredients:**
- 1 lb Italian sausage (mild or spicy)
- 3 large carrots peeled and diced (or sliced to ¼ inch thick pieces)
- 1 onion finely diced
- 1½ tsp Italian seasoning
- 1 tsp minced garlic
- 1 tsp salt
- 3 C low sodium chicken broth
- 1 28 oz can diced tomatoes
- 1 C tomato sauce
- About 3 cups fresh cheese tortellini

**Instructions:**
Add Italian sausage to a large soup pot and cook over medium-high heat until browned, drain any excess fat
Add carrots, onion, and celery. Cook and stir until onion has softened.
Add Italian seasoning, garlic, and salt and cook 1 minute.
Add broth, tomatoes, and tomato sauce and bring to a simmer over medium-high heat. Reduce heat to medium, cover, and simmer for about 15 minutes, until carrots are almost tender.
Stir in tortellini. Cover and simmer for 5-6 minutes until tender. Serve!
A piece of warm bread makes a great extra with this soup :)

**Make Ahead Instructions**
For one person or two that don’t want to eat soup every day after making this, this recipe freezes really well. If you don’t like your pasta soft though, leave the tortellini out before you freeze it and then add it in when you thaw and reheat when you’re ready to eat it!