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FROM the President’s Desk...

Happy New Year, (UMMC). The Associated Student Body is excited for 2014, and we're already as busy as ever. Intramural basketball is underway, and Mr. Kiner is keeping things interesting, as usual, by adding softball, kickball, and ultimate frisbee to the spring season. As for social events, Ambulance Chase and “Some Night I Ain’t Gonna Give Away Too Many Drinks, but I’m Sure It’ll Be Incredible” are guaranteed to be a good time, given that VP Holland will be throwing the parties. Also, Eric Taylor will be bringing us “Viva Las Vegas” and “Mississippi Blues” this spring! With all of these events, you should have no trouble keeping busy this semester.

As for me, I’m graduating this May. It’s both exciting and terrifying. If you’re a fellow Class of 2014er, I’m sure you empathize. The reason I mention this primarily is to say that I will be leaving the ASB in great hands. Fitter, better, and more organized, you may now find me spending my time on our ASB website. After working with the past three years on ASB Council, I know the ASB will do great things under its leadership.

It’s a new year, and maybe some of you are maintaining your resolutions. However, if you’re like me, you may need some extra motivation. Here are a few bits of advice extracted from research on motivation, discipline, and habit building that I found from Gregory Ciotti at 99u.com.

1) Make small goals while keeping the big picture in mind. Apparently, abstract thinking, or “dreaming big,” is an effective method to maintain discipline. It helps develop permanent habits by serving as an intrinsic motivator. But, in order to balance the big ideas with day-to-day activities, create small, accomplishable goals which will make your bigger goals a reality.

2) Use the concept of “if-then planning” also known as implementation intentions for you psychology majors. This involves picking a regular habit and then linking a new habit to it. Essentially, you say “If it is lunch time, then I will only eat meat and vegetables” instead of something vague like, “I plan to eat healthily.”

3) Maintaining a routine may increase your mental capacity reserve. Mundane decisions, such as deciding what to wear or what to pack in your lunch, have been shown to deplete mental energy. By making a routine, or eliminating excessive options, you are more likely to achieve your goals.

4) Ask why you want a change to occur (study more, lose weight, learn a new language, etc…). Those who have positive fantasies (experiencing thoughts and mental images about a desired future positively) have been shown to have better outcomes (more likely to reach their desired goal). By taking a process-based instead of outcome-based approach, you are more likely to achieve your goals.

5) Avoid the “what the hell effect.” It’s easy to give up and decide that a new habit is not worth the effort. If you’re slipping up on your new habit, analyze where and how things start to break down. Then you can plan an intervention to prevent future breakouts (i.e. lay out your gym clothes the night before). Additionally, reframing your goal in a way that focuses on acquisitions instead of inhibitions helps develop long-term habits. For example, when dieting, think about how many days you’ve been good instead of the number of days you’ve gone without a Coke.

6) Tell yourself why you want to change. For professionals and first-time runners, the Mississippi Blues Marathon will offer a marathon, half-marathon, and a kids’ 1-mile fun run this year. If running forever in cold weather for “fun” is not your cup of tea, you can come cheer on the runners. The start and finish lines will be at the Art Garden at the Museum of Art this year.

The Jackson Symphony League proudly presents: “When Cletus Met Elizabeth” Dinner Theater
Sombra Mexican Kitchen
Jan 14 @ 6 p.m.

The Detectives Theatre proudly presents at Sombra: “When Cletus Met Elizabeth.” Cocktails begin at 6:00 and the show at 7:00. Tickets are $39 and include an amazing 3-course meal and the show. For reservations, please call The Detectives at 601.937.1752 or visit their website at www.thedetectives.biz.

Monster X Tour Mississippi Coliseum
Jan 17 to Jan 18

Dust off your jean shorts and Dale Jr. shirt. This event includes motorcycle races, monster trucks, crashing old cars and other objects, and unrivaled people-watching.

“Bravo III: Beck’s Passage”
Christ United Methodist Church
Jan 18 @ 7:30 p.m.

Crafton Beck, conducts the debut of his piece Passage on this eclectic program that begins with Claude Debussy’s colorful and evocative Prelude to Afternoon of a Faun. The evening culminates in Beethoven’s masterpiece: Symphony No. 7.

Jamie Lynn Spears
Duling Hall
Jan 18 @ 8 p.m.

Britney’s little sister and former star of Nickelodeon’s “Zoey 101” goes down. Epic fun is still to be had.

Eric Holland, M4
ASB Vice President
ASB Claus Ball

December 6, 2013

Featuring: The Dueling Pianos

The South Warehouse
City on a Hill

Recently, in the M1 Bible Study, we were reading the Sermon on the Mount from Matthew’s gospel (chapters 5-7). Some folks have called it the most influential speech in human history. I wonder sometimes if it’s not the most misunderstood. For instance, contrary to popular belief, the Sermon wasn’t meant to be “good moral teaching” that just anyone in the world should follow. It would be senseless, for example, for someone who doesn’t see enough reason to believe in a God to “store up treasures” in a heaven she can’t imagine existing. It’s not for everyone. Sure, some of the Sermon may be good general advice; what we often refer to as the Golden Rule was adopted by us and can’t turn their eyes away. But then inevitably, we become a little attention crazed, and we also decide to do some fixing, mostly of other people, because they are overjoyed by the good they see in people so much that they can love the ones that no one else sees anything good in.

The church should look impressive, we say, so that the world respects us. Christians not out to secure comfortable futures, not out to preserve golden self-images, not padding résumés, not showing off for superior, but giving themselves away each day for the patients they know God loves so deeply. Call it pie-in-the-sky idealism if you want, but if he painted us a picture of that city, he’ll strengthen us to seek after it.

None of these characteristics are rules. They’re reactions. Kingdom-oriented responses to the love and provision of God’s love and care. They don’t worry about their distant futures or their daily provisions. They simply address their needs to the God who provided his very self for the redemption of the world in the person of Jesus Christ.

The Lord be with you.

M1 Ben Carroll (lwcarroll@umc.edu) is a former Associate Pastor at St. Luke’s UMC in Fondren. He helps coordinate the M1 Bible Study, which meets over free lunch most Fridays at noon in CW213 and, despite what its name suggests, is open to everyone regardless of age, school, class, job, or tax bracket.
Intramurals Inbox

Current Sports:
- Basketball season is starting soon!
- Everyone be on the lookout for information about “UMMC Trivia Night” coming late January or early February.
- Also watch for the Information regarding the inaugural season of our very own UMMC Kickball league set to begin in mid-February!

Contact:
Carson Kisner, Intramurals Chairman, at ckisner@umc.edu with any questions, or visit the ASB website: http://www.umc.edu/asb/ and click on Intramurals on the left-side.

House calls are back in style

Delivering banking right to your doorstep.

When BancorpSouth introduced Premier Banking, we sought to provide personalized wealth management to clients who had grown beyond traditional payments and deposits. Today, our professional banking team utilizes more than 135 years of experience to offer a full suite of banking and investment products, customized to each individual portfolio. Our personal approach provides our Premier clients with unparalleled access, putting our staff right where you are 24/7, because at BancorpSouth Premier Banking, it’s a partnership we will continue to grow.

For a location near you, call us at (601) 592-4880, or visit our Branch Locator at BancorpSouth.com.
Fun with the PT1s

By: Jennifer Borgognoni

The Physical Therapy Class of 2016 started a new tradition to add a little fun to the dreaded week of final exams. This past semester, we had Finals Dress Up week. We picked different themes for each day and dressed accordingly. Our teacher took a group picture of us before we started each exam. It made finals week easier to look forward to! When we started school in May, we were just getting settled and accustomed to our schedule and making new friends. Now as we all have become closer and have chosen leadership roles in the class, we have a lot of people with great ideas, and we hope to start many traditions like this one. It is hard to believe we will be starting our 2nd year of PT school after this coming semester. I think we will keep this fun tradition going each semester and maybe other classes will decide to join in on the fun and make their exam week a little bit more exciting as well!

Here was our theme week:
Monday: Scrubs and Staches
Tuesday: Theraband it intramural t-shirts
Wednesday: Tacky Christmas
Thursday: Blackout
Friday: Alma Mater

What’s Happening with In the SON

By: Shelby Sirmon

Students in the SON made their annual trip to the Mississippi State Hospital on December 21, 2013. Led by Dr. Mangum, Mrs. Jackson, and Ms. Coats, the group distributed gifts, such as clothing and fruit, to the residents of a male ward at the State Hospital. This year, 19 SON students participated, the largest group to date, and acted as helpers for Santa Claus (Dr. Mangum.) Pictured below are the group and Santa Claus.
The School of Medicine M3s were happy to be able to enjoy some delicious food and to catch up with each other at this year’s class Christmas party, themed “Feliz Navidad”. The party was held at Jaco’s Tacos, which served a delectable plethora of all you can eat food, such as a fajita bar, chicken tenders, and of course, a huge pot of queso. Since our class has been divided up on separate rotations, it was wonderful to be able to share stories with one another and compare notes about M3 life. A HUGE thank you goes out to Dr. Clark and the Office of Student Affairs for providing us with such a fun Feliz Navidad!

This past semester, Brooke Harris and I had the opportunity to teach a class at Jim Hill High School, one of the JPS schools affiliated with the Homerun Teaching program. This program seeks to connect medical students with local classrooms interested in having medical students teach a lecture on a scientific topic. There are a myriad of topics to choose from, but the one I most love to teach and have taught the past three years is a lecture on Polio and vaccinations. Armed with what we hoped was an interesting and informative PowerPoint and some bags of candy to further encourage students to participate, we set out from UMMC to Jim Hill. We had the privilege to present to Mrs. Susan Bender’s class. She is one of the most amazing teachers I have ever encountered, and her classroom is filled to the brim with various live animals such as lizards and gerbils. Even more impressive were her students, who attentively listened to the presentation, were very interactive, and asked thoughtful questions. We had a wonderful time sharing knowledge with others, and I would strongly encourage anyone with a heart for teaching to get involved in this incredibly rewarding and fun Homerun teaching program.
Famous Birthdays

Cat Cora, Betsy Ross (1); Mel Gibson, Eli Manning (3); Deana Carter (4); Bradley Cooper (5); Joan of Arc, Ree Drummond (6); Nicholas Cage, Katie Couric (7); Billy Graham, Stephen Hawking, Elvis Presley (8); Dave Matthews, Kate Middleton, Richard Nixon (9); Kirstie Alley (12); Trace Adkins (13); Drew Brees (15); Dizzy Dean (16); Jim Carrey (17); Benjamin Franklin, Michelle Obama, Kid Rock (17); Paula Deen, Robert E. Lee, Dolly Parton (19); Guy Fieri (22), Oprah Winfrey (29); Justin Timberlake (31)

JFC Update
The JFC Education Series will be back for the spring semester, beginning on February 1st. Check out our Facebook page or our website for more information: www.jacksonfreeclinic.org

Word Scrambles
Unscramble the words to make NFL football teams.

IVKIGNS
SJTES
EKSRNDSI
RASCAILND
RLSTESEE
SASKHEWA
RAGREHCS
ORBSONC

1. Vikings   5. Steelers
3. Redskins  7. Chargers

Put our card in your wallet...
...and keep money in your pocket!

GREAT FOR...
- Grabbing a pizza to bring back to the dorm
- Study dates with coffee and a sandwich
- Ice cream treat
- Weekend breakfast away from the cafeteria
- Enjoying music with friends on the P & B patio
- Sharing with a friend!

Cannot be combined with other offers. No cash value. Valid with college or grad school ID.
Mina Tahai, M2

Woohoo! It’s 2014! A New Year with endless possibilities. To kick off the New Year, I want to share with you guys an unbelievable Cranberry Pie recipe that was given to me by an old friend a few years ago. Since then, I have made this pie countless times over Thanksgiving and Christmas, and I’ve never had a slice to bring back home. It’s that good, and I’m not saying that because I’m a good cook by any means. I’m saying that because the recipe is ridiculously simple, straightforward, and it comes out delicious every time. You don’t just have to make it over the holidays, though. You can make it anytime of year and just substitute whatever fruit is in season at the time for the cranberries. I’ve made this with raspberries and apples too. The raspberries were a bit fussy to cook with because they’re really moist, but the apples substituted in seamlessly. Just something to keep in mind. Regardless, if you have cranberries, apples, pears, etc. on hand, please make this pie. You’ll be so glad you did :)

Source: http://allrecipes.com/recipe/butter-flaky-pie-crust/ & Ron

Cranberry Pie

Homemade Pie Crust Ingredients:
(You can use a store-bought crust, and it will be just as good):

- 1 ¼ cups all-purpose flour
- ¼ teaspoon salt
- 6 ½ tablespoons butter, chilled, quartered, and sliced
- 3-4 tablespoons water

Cranberry Pie Filling Ingredients:

- 2 cup cranberries
- ½ cup sugar
- ¼ cup brown sugar, packed
- ½ cup chopped nuts (Personally, I like using pecans, but you can honestly use any kind of nut)
- ¼ teaspoon ground cinnamon
- 1 egg
- 1 ½ Tablespoons butter
- 1/3 cup sugar
- 3 tablespoons flour

Instructions:

1. In a large bowl, combine flour and salt. Cut in butter until mixture resembles coarse crumbs. Stir in water, a tablespoon at a time, until mixture forms a ball. Wrap in plastic and refrigerate for 4 hours or overnight. In a time crunch, you can freeze the dough for 15-20 min instead.
2. Roll dough out to fit a 9 inch pie plate. Place crust in pie plate. Press the dough evenly into the bottom and sides of the pie plate.
3. Mix the first 5 pie filling ingredients and put into crust. Whisk egg, butter, sugar, and flour, and pour on top of the tart.
4. Bake at 400°F for 20 minutes and then at to 350°F for 10-15 minutes, or until custard turns golden brown.

That’s it. It really is quick and easy, especially if you buy the pie crust from the store. I hope you all enjoy this pie! If you have any questions, comments, or requests please don’t hesitate to send me an e-mail. Happy January everyone!

~Mina :)

Source: http://allrecipes.com/recipe/butter-flaky-pie-crust/ & Ron
Happy 2014 to all of you! I hope you have returned from a fun, restful, and rejuvenating Christmas break and have embraced the start of a new year.

I have decided that there are two types of people in this world – those who believe in New Year’s resolutions and those who don’t. Yes, there is always the chocolate vs. vanilla dividing line (those of you who side with the latter, I just shake my head), or the introvert vs. extrovert classification, or Type A vs. Type B personalities. But seriously, you either put thought into New Year’s resolutions, or you don’t. Period.

I’m not one of those people who make this laundry list of resolutions, and to be completely honest, I don’t make resolutions that I don’t think I can keep. Not saying I set goals that require zero effort – quite the opposite, actually – but I tend to use this time to assess my life and think about how I could do things better – be a better friend, professional, student, child of God, and overall human being. Then, I ponder how I can alter my life to make those changes. Now, I’ve never set some crazy goal, like swim the English Channel or lose a 100 pounds in 3 months, but I do find that having some (attainable) goal(s) is indeed motivational and a good self-improvement practice. So yes, I’m challenging you to do it.

But let’s get a little more specific here. One of my New Year’s resolutions last year was to run a half marathon. Why? Well certainly, I wanted to be able to say that I did it, but I also see running as a way to deal with the challenges. I randomly saw a “List of Things I’ve Done in the Past Year,” and I must admit, I laughed a lot as I went through it. I wanted to share it, but there was no way to use it without breaking a copyright. So, I opted to reproduce it myself. It’s a great way to have a good laugh and to ponder possible New Year’s resolutions. See what you think.

On the morning of April 6, it was 50 cold, 44 degrees to be exact, which in April in Mississippi is COLD, way too cold to have on running shorts. So, I opted for leggings underneath my shorts. Don’t do that – if you ever run a long race, don’t do that – because at mile 1.17, I was 50 HOT! I looked like someone who had obviously not run a half marathon before. Aside from feeling as if my body was an oven and facing the grueling hills of downtown Jackson, Ridgewood Road, and Fondren that I did not know to expect, I really did okay. Now, I did look over at the friend I had made from a stranger at mile 7 and ask him if that red traffic light in front of Baptist hospital could be for us, not for cars. Try nice. Anyway, I actually finished in a very good time, with lots of kudos to this nice guy that ran with me for the last half of the race. And I was SO glad I did it. (If you’d like to hear about my condition the day after, you can ask me, but it wasn’t the best, ha.)

So there you have it, one of my experiences with New Year’s resolutions last year. There are more, but having bored you enough, I’ll stop the details. I encourage you to think about it, assess your life, and try it. Do it to benefit yourself, but also even more to benefit others by the way(s) you change. I have two for this year, but I’m not going to share them now. I will later in the year, and give you an update on how they are going. So, I had better work hard – accountability is real.

If you don’t know where to start in the process of thinking about this, I have one more thing to share that may help you. I know my readers likely run the gamut. For some of you, the year 2013 brought much joy and excitement, while others of you may feel it was dominated by tough situations, or likely, the majority of you experienced a combination of both. Regardless of where you fit on this spectrum, I encourage you to reflect on your past year. Think about the things that happened in your life in 2013. Identify the good things, the hardships, the successes, and the struggles. And use those to thank God for the blessings He has given you and to pray for strength to face the challenges. I randomly saw a “List of Things I’ve Done in the Past Year,” and I must admit, I laughed a lot as I went through it. I wanted to share it, but there was no way to use it without breaking a copyright. So, I opted to reproduce it myself. It’s a great way to have a good laugh and to ponder possible New Year’s resolutions. See what you think.

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TOMORROW HOLDS HOPE. But today, over half of Mississippi’s counties don’t have the doctors needed to care for their communities. As Mississippi’s only Academic Medical Center, we’re teaching the state’s next generation of doctors, nurses, dentists and medical pioneers. Over the next decade, we’re making the 1,000 doctor difference—a commitment to educate and inspire 1,000 new doctors dedicated to Mississippi’s communities.

We believe in tomorrow. Because we see it today.

Share your wish #ummcwish
The road to recovery took Audrae Barnes right where he wanted to be. But it was one bumpy ride for the Hattiesburg School District transportation director.

Complications after brain tumor surgery had left Barnes severely disabled. When he began therapy at Methodist Rehab Center, “he couldn’t do anything but breathe,” said his wife, Elaine.

Putting his trust in MRC’s seasoned brain injury team, Barnes tried his best to get better. “I wanted to accomplish whatever mission they had for me,” he said.

And his hard work was rewarded. He’s back in his beloved transportation center, happily managing the safe transit of some 3,000 students.