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Dear UMMC students,

Many people make New Year’s resolutions. You can go online and read articles listing the most popular resolutions. Or the healthiest. Or the most realistic. There are articles giving advice on how to best craft your resolutions so that you’ll follow through with them. You can even download apps to help you with this. As for me, I’ve never been one to make New Year’s resolutions. At least not the ones where you write one or two down and try to stick to them in an inexorable fashion. Maybe it’s just because I don’t stick with them and they end up frustrating me.

Sometimes I think about each year as a mini-life. At least in my mind, this allows me to have a fresh start on January 1 of each year. No matter the mistakes I’ve made, or the ways in which I perceive I’ve failed, there is always opportunity to use past experiences as fuel for growth and maturation. A beautiful thing about life is that our past doesn’t define us. As for the future, a few things I’m looking forward to include a baby boy that my wife and I will be having sometime this month (a source of both excitement and terror), followed by my planned return to medical school this summer. Your sources of excitement and angst are almost certainly different. Regardless, I want to share with you some things I’ve been thinking about.

As I said, I don’t tend to make New Year’s resolutions, but here are a few things that I’d like to improve at this year. I hope you are encouraged and challenged to make your own list. I want to try new things and develop new expertise. I want to read more books that I’ve been meaning to get to. I want to forge new relationships and nurture incumbent ones, and I want to love my family and friends more deeply. We never know how much longer we have to live, so I want to live more in the moment and take fewer things for granted. I want to find more ways to serve the needy, and I want to think less of myself and more about others.

I know from experience that school can be a period of impatience and continually looking forward. It’s as if once you graduate, we think life will be better or in some way easier. In reality, life will almost certainly be busier and less under our control when we get into the “real world,” with greater vocational and family responsibilities. So I encourage you to enjoy the period of life you’re in right now and to take advantage of the opportunities that come your way. Have a great year!

To get the latest ASB updates and pictures from our events, be sure to follow us on Twitter – @UMMC_ASB and/or like us on Facebook – www.facebook.com/UMCASB. You can also follow ASB Intramurals on Instagram at ummcintramurals.

Sincerely,

Peter Mittwede
ASB President
pmittwede@umc.edu

Peter Pan
December 2 - January 17 from 7:30 - 11:30 PM
New Stage Theatre, Jackson

Based on J.M. Barrie’s classic tale, Peter Pan whisks you away to a place where dreams are born and no one ever grows up! Peter and his mischievous fairy sidekick Tinker Bell visit the nursery of the Darling children late one night and with a sprinkle of pixie dust begin a magical journey across the stars that none of them will ever forget. In the adventure of a lifetime the travelers come face to face with a ticking crocodile, a fierce Indian tribe, a band of bungling pirates, and of course the villainous Captain Hook. Featuring the iconic songs I’m Flying, I’ve Gotta Crow, I Won’t Grow Up, and Never Never Land, Peter Pan is the perfect show for the child in all of us who dreamed of soaring high and never growing up.

Bricks in the Wall: The Sight and Sound of Pink Floyd
January 9 from 9:00 PM until
Duling Hall, Jackson
Cost: $15 in advance; $20 at the door

A nine-piece Pink Floyd Tribute Band out of Dallas, Texas, faithfully creates the sound and feel of a Pink Floyd show. They play to thousands every year and is the longest running Pink Floyd Tribute in the nation. Bricks is proud to be The House of Blues – Dallas and Houston – exclusive Pink Floyd tribute show. Doors open at 8:00 PM, and the show begins at 9:00 PM.

MSO Bravo III: Sibelius’ III
January 25 from 7:30 -11:00 PM
Thalia Mara Hall, Jackson
Cost: Free to the public

This concert presents three European composers at the height of their powers. Mendelssohn’s vivid description of his real-life voyage to Fingal’s Cave in the Scottish Hebrides islands has been recognized as a masterpiece in musical imagery and orchestration. Sibelius’ Third Symphony is probably his most life-affirming and triumphant work. And to round out the program, MSO’s concertmistress, Marta Szlubowska performs the final and greatest of Saint-Saens’ three violin concertos.

Downtown Jazz
January 22 from 7:00 - 9:00 PM
Mississippi Museum of Art, Jackson

Downtown Jazz features performances by local and regional Jazz and Blues musicians in the Museum one Thursday evening each month. Enjoy live music in the presence of amazing art. Cost: $5 nonmembers, free for members, cash bar. Downtown Jazz is sponsored by Carroll Warren & Parker PLLC.

Dixie National Livestock Shows
January 24 - February 24
MS Fairgrounds, Jackson
Cost: Varies


Museum After Hours Pop Up
January 29 from 5:30 PM and 7:30 PM
MS Museum of Art, Jackson
Cost: Free to the public

Each month, the Museum doors open after hours and partner with local artists, musicians, and other organizations for a one-night pop up exhibition and social event. These partnerships give exposure to working artists, musicians, and organizations and help to forge collaborations among creative and entrepreneurial groups. This month features work by William Dunlap and Michael Ford in partnership with Visit Mississippi. Funding for Museum After Hours is provided by The Clarion-Ledger Media Group and Gannett Foundation. Cash bar will be available.

Molly Ringwalds
January 30 at 9:00 PM
Duling Hall, Jackson
Cost: $15 in advance or $20 at the door

Doors open at 8:00 PM. Under 18 must be accompanied by an adult.

Jackson Events
ASB Claus Ball
December 6, 2014

Featuring “Super T”
MS Children’s Museum
Can You Help Me Out?

We’ve all been there. You’re walking along the streets of Jackson, and you see someone walking across the street, makes his way over to you. He says he’s hungry and asks for just a little spare change so he can get something to eat. You’re a compassionate person, and you want to help where you can, but you’re also a wise person, and you don’t want to support a bad habit. What should you do?

Over the years as a student, seminarian, and pastor, I’ve responded to hundreds of requests for money on the streets, received dozens of guests who show up at churches asking for help, and visited a variety of soup kitchens, development programs, halfway houses, and shelters. I’ve made some big mistakes and a few long-lasting friendships along the way. I got a few comments from how Christians should respond in situations like the one above. So here for you, friend, is a top ten list of principles I try to keep in mind when I see that man or woman walking my way. I hope they’re helpful for you.

1) “Give to everyone who begs from you.” Sorry, there’s not much getting around it. If you’re a follower of Jesus, you can’t ignore his words from Matthew 5:42. What more, you can’t ignore the context. When the disciples were wondering whether or not to help people who could apparently help themselves, Jesus angrily replies, “It’s easier to make someone inferior is a different story. In my experience, silent about why people are poor. The gospel writers, rather, see more interested in getting us to be moved by the fact that... physical infirmity or demon possession, the gospels are largely... to cast blame for poverty so quickly. Except for the occasional... thinking. We human beings always want to assign blame for... to try to diagnose the problem. Maybe you can relate. “Why... for herself? What’s wrong with her?... because he chose to be. His laziness may reflect more about his... to address their long-term needs while meeting felt needs, including... programs, halfway houses, and shelters. I’ve made some big... shortcomings. They took wrong turns. They got left out in the cold. They experienced discrimination. It’s lonely on the streets, and not knowing where your next meal will come from is extremely stressful. They get so geared toward diagnosis and responsibility... not to give, because our belief is that in God’s... principles I try to keep in mind when I see that man or woman walking my way. I hope they’re helpful for you.

2) Ignore your gut instinct to point fingers. When I encounter someone on the street, my gut reaction is always to try to diagnose the problem. Maybe you can relate. “Why can’t this person who’s on drugs get a job? Why is he lazy? Is he alcoholic? Sick? Immoral?” While this is sometimes a factually true way of thinking, it isn’t a scriptural way of thinking. We human beings always want to assign blame for the problems we encounter. Scripture,however,doesn’t look to cast blame for poverty so quickly. Except for the occasional physical infirmity or demon possession, the gospels are largely silent about why people are poor. The gospel writers, rather, seem more interested in getting us to be moved by the fact that someone is poor, rather than in trying to figure out why they’re poor. The gospels are more concerned with what they have done wrong, I assume I’m hearing a one-sided story.

3) Get to know your city. If you can only see the problem of the beggar on the streets as an either/or, give-or-don’t-give question, you’ll never be able to respond faithfully. It’s never that simple. There are so many more options than ‘give’ and ‘don’t give’ or ‘some time later’ and ‘now’. You can send money, you can volunteer, you can give clothing, you can give food, you can volunteer time, you can listen, you can invite them to your home, you can pray, you can send a letter to your senator, you can participate in a march, you can give in exchange. Or better yet, mentor some children (Pecan Park Elementary has a wonderful program) and teach them the discipline of giving that you have. Give three times and you create expectation; Give four times and it becomes entitlement; Give five times and you establish dependency.

It’s more time consuming than forsaking over for cash, but it is easier to give in ways that empower people to care for themselves. Providing employment, if you can, always beats charity, but participatory charity (co-ops and thrift stores) always beats passive charity (food pantries and clothes closets) because active charities recognize that a person has something worth giving in exchange. Or better yet, mentor some children (Pecan Park Elementary has a wonderful program) and teach them the discipline of giving that you have. Give three times and you create expectation; Give four times and it becomes entitlement; Give five times and you establish dependency.

4) Get to know the person. Everyone has a story. People have families, relationships, dreams, and hurts. They’ve watched doors open for more privileged folks that they couldn’t imagine doing for themselves. They’ve had doors slammed in their face... important (Jesus always responds to those), if you’re so focused... becomes more harm than good. One of the best things you can do is be on someone’s team and patiently listen to their story, maybe... over lunch that you buy for the both of you. I try never to let... present their request without first recognizing their humanity by asking their name.

5) Get to know your city. If you can only see the problem of the beggar on the streets as an either/or, give-or-don’t-give question, you’ll never be able to respond faithfully. It’s never that simple. There are so many more options than ‘give’ and ‘don’t give’ or ‘some time later’ and ‘now’. You can send money, you can volunteer, you can give clothing, you can give food, you can volunteer time, you can listen, you can invite them to your home, you can pray, you can send a letter to your senator, you can participate in a march, you can give in exchange. Or better yet, mentor some children (Pecan Park Elementary has a wonderful program) and teach them the discipline of giving that you have. Give three times and you create expectation; Give four times and it becomes entitlement; Give five times and you establish dependency.

6) Get to know yourself. It’s important to know why you do what you do. If you’re giving just so you can feel like the generous person you want to see yourself as, odds are the only person you’re helping out is you. People know when they’re being used. It’s a fact. It’s not about being righteous. Really helping people loses its glamor quickly. It’s gritty, gray, thankless, and you may never change anything (but you might)! Taking note of your feelings during your encounter with someone can help you figure out lots of other stuff. It’s possible that... of why people are poor. The gospel writers, rather, seem interested in getting us to be moved by the fact that someone is poor, rather than in trying to figure out why they’re poor. The gospels are more concerned with what they have done wrong, I assume I’m hearing a one-sided story.

7) Help in ways that edify. If you’re forever giving handouts, you’re doing more damage than good. In his book Toxic Charity, Robert Lupton passes on an old adage about charity:

Give once and you elicit expectation; Give twice and you reinforce expectation; Give three times and you create expectation; Give four times and it becomes entitlement; Give five times and you establish dependency.

Give three times and you create expectation; Give four times and it becomes entitlement; Give five times and you establish dependency.

It’s more time consuming than forsaking over for cash, but it is easier to give in ways that empower people to care for themselves. Providing employment, if you can, always beats charity, but participatory charity (co-ops and thrift stores) always beats passive charity (food pantries and clothes closets) because active charities recognize that a person has something worth giving in exchange. Or better yet, mentor some children (Pecan Park Elementary has a wonderful program) and teach them the discipline of giving that you have. Give three times and you create expectation; Give four times and it becomes entitlement; Give five times and you establish dependency.

8) Don’t give cash. I’ve seen a man take ten dollars, walk into Walgreens, buy a large bottle of mouthwash (the cheapest alcohol on the market), and guzzle it on the spot in the parking lot. Sometimes I wonder if the biggest addiction the church enables isn’t to a substance, but to never-ending cycles of procrastinat-ian-and-panic that keep people from developing financial responsibility for themselves. If you really want to help people, you need to... They got left out in the cold. They experienced discrimination. It’s lonely on the streets, and not knowing where your next meal will come from is extremely stressful. They get so geared toward diagnosis and responsibility... not to give, because our belief is that in God’s... principles I try to keep in mind when I see that man or woman walking my way. I hope they’re helpful for you.

9) Resist the tyranny of the urgent. Most people are least interested in helping... some people. The problem is, if they perceive you as naive. A common strategy is to minimize the need. For some reason, I get asked for 35 cents. Apparently that’s the popular number. But it’s a bait and switch to get a foot in the door. If you’re asked for 35 cents, of course, ask if you can spare more, since they can’t really get anything to eat with 35 cents. In another effort to minimize, people tell you they need are temporary. “All I need is a motel room for tonight.” Housing is... to go through for me tomorrow.” A week of motel rooms can run you $250. Try to get a house for under $100. Another strategy is to paint needs as urgent. Our church recently had to tell a man that we will no longer respond to day-of-needs after he begged for help with his rent when he had an eviction threat several days after it was due. Instead, we said, if you want help, set up an appointment at the church on a business day and be prepared to give us a detailed account of your financial situation. Part of his strategy, intentional or not, was waiting ‘til his rent was due before coming to the church and presenting the request for help.

10) Be wise. I haven’t noticed the words “safe” and “comfortable” in the Bible very often. Still, there are some ground rules I keep. No one I help, even the ones I’ve known for years, knows where I live. Isaiah 58 instructs us to take the homeless poor into our own homes. I’m still working on that one. Maybe one day I’ll be both wise and wise enough to make that work. I occasionally give out my phone number to people, but it’s rare, only when I feel assured it won’t be abused, and it’s usually only after I’ve had a chance to talk to them. If you’re going to help someone a ride, ladies especially, make sure someone else comes with you or knows where you’re going. And know your limits. People will empty your bank account if you let them, even if they tell you it means so, just because they’re so relieved to, for once, come by something easy.

You get wiser as you go, which ultimately makes you better able to care for Jesus, who’s hungry – and maybe angry, bitter, hurt, disabled, mad, and a bit of a con artist – when you meet him on the street.

The Lord be with you.

For further reading:

God’s Economy and Strangers at My Door – Jonathan Wilson-Hartong

Compassion, Justice, and the Christian Life – Robert Lupton

Living Without Enemies – Samuel Wells and Marcia Owen

Hartgrove

Walters

Wilson-Hartong
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“May or may not be on this continent.”

Half-open
“I’m probably in a meeting.”

Wide Open
“I just walked in to get a few things before I have to run to my next meeting.”

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“Proceed with caution.”

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Custom Client – Unsecured Line of Credit:
- Ideal for expenses related to out of state interviews and rotations
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- Establish credit for your future needs, while having the money you need now

Medical School Takes a Lot…

M3 Holiday Celebrations
JANUARY 22, 2015

6pm

JAMMIN’ FOR THE JACKSON FREE CLINIC

A LIP SYNC COMPETITION TO SUPPORT RENOVATIONS AT THE JACKSON FREE CLINIC
January 22, 2014 6:00 PM Nelson Student Union Rooms A-D

Entry Fee $10 per person

$50 max for teams of 5 or more

Admission to watch the event is $5

Pizza will be provided!!

Deadline to sign up is December 19, 2014

HOSTED BY THE FAMILY MEDICINE INTEREST GROUP
Contact Andrew Brown (adbrown3@umc.edu) or Summer Bailey (ssbailey@umc.edu) to sign up or for more information.

Medical School Takes a Lot…

Let Community Bank Help With a Custom Line of Credit
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• Obtain funds as you need them
• Establish credit for your future needs, while having the money you need now

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The Manning Family Fund for a Healthier Mississippi

Give today at manningsforhealth.org
Hidden Object Challenge

It’s not “Where’s Waldo?” but it’s “Where’s the Stethoscope?” Here are the rules: there is a stethoscope (see example at left) hidden somewhere in the issue. Find it, and email me at jhthomas@umc.edu, with the page number and where on the page (like what’s beside it, etc.) The deadline is Friday, January 30. All those who find it (correctly) will be entered into a drawing for a $25 gift card, courtesy of Dr. Jerry Clark and the Student Affairs department! I’ll send the results via email. Have fun playing!

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We circulate 800 copies of The Murmur each month to UMMC students, employees, patients, and visitors. Numerous advertising options are available, and our rates are competitive. If you are interested in advertising with us, email Jennie @ jhthomas@umc.edu.
Cinnamon Rolls with Vanilla Icing

Cinnamon rolls have been all over Pinterest recently, and since I had a day where I could, I devoted a day to making them. I have never cooked with yeast before, and I was a little nervous about my adventure. My recipe came from Pioneer Woman, who is an amazing chef, and I definitely recommend her blog! I learned a few things along the way... check both the blog and the recipe you printed to see if the ingredients are the same amounts, or else you will go to Kroger three times in one day (like me). Possibly the best things I ever made. I present to you Cinnamon Rolls with Vanilla Icing.

My advice, after making 40 something rolls, is take this recipe and half it! You can freeze the rolls if you need to.

**Ingredients:**
- 2 cups cooked or canned beans of your choice (black, white, or red beans, chickpeas, or lentils), drained, liquid reserved - **I used 1 cup of black beans and 1 cup of lentils.**
- 4 carrots, peeled and grated
- 1 small onion, coarsely chopped
- 3 cloves garlic, chopped
- 1/2 cup rolled oats (not instant)
- 1 pinch ground black pepper
- 1 tsp. salt
- 1 quart milk (I used 2%)
- 1 cup vegetable oil
- 1 pound ground chuck
- 4 eggs
- 1/2 cup chopped fresh parsley or cilantro
- 4 toasted hamburger buns
- 4 tbsp. olive oil

**Frosting:**
- 1 1/2 bag powdered sugar (literally buy 2 bags of it)
- 1/4 cup melted butter
- 1 tsp. salt
- 1/8 teaspoon chili powder or spice mix of your choice

**Directions:**
1. Roast or sauté garlic, onions, and grated carrots until they’re tender.
2. Pulse beans, carrots, onion, oats, parsley/cilantro, garlic, chili powder, salt, and pepper in food processor until combined but not pureed. Pinch a bit of mixture to see if it holds together. If not, add bean liquid or water 1 tbsp. at a time until it does. Let mixture rest a few minutes before shaping patties. For best results, chill 30 minutes or overnight.
3. Shape bean mixture into 4 1-inch thick patties. Pinch the seam together and flip it seam side down. Cut into ½-inch slices with a sharp knife. One “log” should make 20-25 rolls. Pour some melted butter into foil pan and swirl to coat. Place the rolls into the pans but don’t overcrowd them. Cover with kitchen towel and let rise for 25 min. Bake for 20 minutes until golden brown (but not overly brown).
4. Preheat the oven to 375 degrees F.
5. Remove half the dough from the refrigerator. Place onto a floured baking surface and roll into a large rectangle. 30 x 10 inches is what is originally called for, but I found my rolls to be quite thin. Once the dough has been rolled to the proper size, pour ¾ cup of melted butter over the dough. Use your fingers or a brush to spread evenly. Next, sprinkle cinnamon generously everywhere as well as 1 cup of sugar over the butter, with more butter if needed.
6. Slowly roll the rectangle TIGHTLY towards you so that it doesn’t fall apart when you transfer it to the pan. Pinch the seam together and flip it seam side down. Cut into ½-inch slices with a sharp knife. One “log” should make 20-25 rolls. Pour some melted butter into foil pan and swirl to coat. Place the rolls into the pans but don’t overcrowd them. Cover with kitchen towel and let rise for 25 min. Bake for 20 minutes until golden brown (but not overly brown).
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8. While the rolls are baking, make the icing: In a large bowl, mix powdered sugar, milk, butter, vanilla, and salt. Whisk until smooth. The icing should be thick but needs to be pourable. I had to add some milk in order to pour it!
9. Remove pans from oven. Drizzle icing over the top immediately. Be sure to ice the edges.

Enjoy! Eden J. Yelverton, M3
With seven children and 14 grandchildren, Dr. Ray and Judy Lyle hoped to spend a lot more time with family after retirement.

But struggles with pain threatened to make the Ridgeland couple’s retirement a sedentary one.

“We adore our grandchildren,” Judy said. “I couldn’t get on the floor to play with them. Pain from my back caused so many other pains, any time I tried to do anything it hurt.”

“I had a lot of aches and pains I was dealing with too,” said Ray, who was a longtime Starkville pediatrician.

Searching for relief, the couple found an answer at Methodist Pain & Spine Center in Flowood. There pain management specialist Dr. Bruce Hirshman recommended the latest non-invasive procedures combined with a physical therapy regimen to address their issues.

Today both Ray and Judy are living pain-free.

“I simply am a new person,” Judy said. “It’s really given me my life back.”