Students from The School of Health Related Professions (SHRP) give over 400 toys to Blair E. Batson Hospital for Children!
This year.

Day. Thanks to Meghan Alford, Kelley Hill, supporting Grace House, and raise more

embrace diversity as a source of strength.

Isani’s article about Islamic-American rela-

acceptance and respect, and love, hope, joy

universal. like hope, love, joy, and peace.

some of the themes of Christmas are pretty

festivities and celebration I forget to breathe...

crazy. I can get so wrapped up in the
decorating your house or apartment like

For you this might mean dressing up in tacky

this time of year. “T is the season to be jolly.

All movies aside, the holiday season is a special time for each of us.

My mom has always told me as I was growing up that Christmas is a
time for giving, reflection, and remembering those times when family
and loved ones are together. The giving spirit is always evident at

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Some that come to mind for myself is the Christmas Eve tradition of

productive New Year’s resolution list.

for a sort of year-in-review for me at times, and has always produced a

Christmas time brings out special memories for each of us as well.

Some that come to mind for myself is the Christmas Eve tradition of
go to Christmas Eve Mass, coming home to smoked ham from our
favorite barbeque place, Mississippi State Cheese, and Ray Stevens
singing “Santa Claus is Watching You” while my family exchanges gifts.
I can also remember my sister screaming and jumping up and down
last year when her husband got her tickets to see Carrie Underwood in
New Orleans. I got a new coffee maker and did the same thing... that
may be a little weird on my part now that I look back on it. Regardless,
my 27th Christmas is going to be just as special as any of the ones
before simply because of one thing: my family.

As the year winds down and we all begin preparing for the final set of
exams before the holiday break, I encourage you all to take some time
to think about what the holidays mean on an individual basis. From a
scholastic standpoint, these can be some incredibly stressful times,
and I wish everyone the best of luck on this last studying push.

Merry Christmas and Happy Holidays everyone!

Last month, I mentioned the upcoming Grace House

and I forget about what Christmas is about.

The underlying theme of this issue is diversity.

Even though Christmas is a Christian holiday

some of the themes of Christmas are pretty

unusual: like hope, love, joy, and peace.

Acceptance of diversity is, in line with the
meaning of Christmas. No matter what
religions, cultural, or sexual preferences,
someone espouses, everyone deserves
acceptance and respect, and love, hope, joy
and peace as well. Please read Mubina
Isani’s article about Islamic-American rela-
tions. See also an article I wrote about the
the Chair. Keeton gives to the new LGBT

group recently. No matter where you stand
on these issues, I hope you encourage you to
think about acceptance, and possibly even
embrace diversity as a source of strength.

Last month, I mentioned the upcoming Grace
Walk. It turned out to be a success, and
Grace House raised over $3000. Grace
House provides help to individuals in Missis-
sippi with a diagnosis of HIV/AIDS. I hope
next year we can have a larger presence in
supporting Grace House, and raise more
awareness next December. I am World AIDS
Day. Thanks to Meghan Alford, Kelley Hill,
and Mimi Abade for their motivation and
organization in raising awareness and money
this year.

The Murmur is a monthly production of the UMMC ASB,
printed at UMMC.

Wanda Barone-cover photo
Alison Mazurak, OT/1- Christmas photos
John Davis, ASB Pres, M4
Amanda Harrell, ASB VP, M4
Amy Neely and Cassie Burns, AG
Brook LeBlanc, M2
Joyce Taylor, M3
Julie Graines, OT3
Megan Harvey, PG
Mubina Isani, M3
Drew Hoodley, M1
Jon Buchanan, M1
Jonathan Giuntino, M3
Emily Faulks, M4
My-Le Nho, M3

Wanda Barone is the cover artist for the December 2023 issue of The Murmur. She has worked with the university’s ASB to create the cover photo, which features a group of children line dancing. The cover aims to highlight the diversity and inclusivity that are central to Grace House’s mission.

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December 2023 Edition

Editor’s Note

Lois Montague, M4

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Hey everybody!

Everyone looked amazing at Claus Ball and I hope you all had a great time! Thanks for coming! The next big event for the campus is Ambulance Chasers in January. For this party, UMC partners up with the MO Law School for what is always a fabulous party!! The date is set for Friday, January 28th and the band is the 17th Floor. Watch for an email with more details. I’m working on some other smaller events for the spring so watch for those emails too. Mark your calendars with spring party dates. I look forward to seeing all of you there! Again, you can always contact me at aharrell@umc.edu.

Happy Holidays,
Amanda L. Harrell
Associated Student Body Vice President

DATES FOR SPRING SEMESTER PARTIES:

AMBULANCE CHASERS
FRIDAY, JANUARY 28TH

ANATOMY BALL
FRIDAY, FEBRUARY 25TH

CRAWFISH PARTY
SATURDAY, APRIL 9TH

Happy Holidays,
Amanda L. Harrell
Associated Student Body Vice President

[Pictured above with Amanda is Sharon Hong, the lovely fiancée of photographer extraordinare, Jay Songcharoen, M4, who took most of these beautiful pictures at Claus Ball. -LM]
The Anesthesiology Interest Group’s mission is to expose students to the field of Anesthesiology and all of the exciting career possibilities within the field, through meetings, activities, projects, and workshops. By working closely with UMC’s Department of Anesthesiology, this mission is achieved. The AIG also gives back to the community by supporting a Habitat for Humanity House yearly, as well as by having fundraisers. Our first fundraising endeavor was a t-shirt sale in which all profits were donated to a child in the Make a Wish Foundation who was sponsored by UMC’s Associated Student Body. We look forward to many more opportunities to help those in need, and to increasing awareness of Anesthesiology as a vibrant career.

-Amy Neely and Cassie Burns

From left: Cassie Burns and Amy Neely with AIG advisor, Dr. John Betha, present check to ASB VP Amanda Harrell and HHP Co-chair Josh Hughes.

Season’s Greetings!

The Anesthesiology Interest Group helps Make a Wish Come True with T-shirt Sales.

Meet your new ASB President-Elect Lyssa Taylor.

By Lois Montague

I have had the pleasure of getting to know Lyssa through student council over the past several years. I hope this interview provides a chance for you to get to know her as well. Be confident that you will learn a lot about her and ideas and information that will be thoroughly received.

Brief Bio: Lyssa is a third-year medical student and a native Mississippian. After growing up in Yazoo City, she moved to Clinton to attend Mississippi College. There she studied biology and became a chemist. She has worked for the Army Corps of Engineers as a chemist. She has an older sister, and is a proud aunt. Lyssa has dated Brandon Weathersby, an M.D., since college. (Pictured below) Lyssa is a strong runner and is an avid reader. Lyssa is a runner wanna be, and lover of the Lord.

Favorite movie is without a doubt Braveheart, with Tommy Boy also close second. Favorite book is the Left Behind series. The Giver by Lois Lowry. Favorite color is completely dependent on my mood, although in the Christmas season, green. Favorite food is right now.

Lyssa through student council over the past several years. I hope this interview provides a chance for you to get to know her as well. Be confident that you will learn a lot about her and ideas and information that will be thoroughly received.

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Lyssa and her classmates after carving pumpkins.
OT 3 Class Members Attend Conclave Conference in Kentucky

Recently, the Occupational Therapy Class of 2011 attended the Student Conclave Conference in Louisville, Kentucky. Here, the soon to be therapists were educated in employment options, licensure board reviews, and current reimbursement policies affecting the profession, among other helpful topics. Included in the list of presenters speaking at the two-day conference was Florence Clark, the current American Occupational Therapy Association (AOTA) president who spoke on having a “pixel mindset” for the profession. The trip was well appreciated by us students as we were able to grow professionally and grow closer as a class before our upcoming three-month fieldwork rotation and the ever approaching graduation day.

Wow! It’s hard to believe it’s December already. The months have flown by, and it’s been a very busy first half of the school year for the Pediatric Interest Group. We kicked off the year by partnering with the Blair E. Batson Children’s Hospital Outreach for their annual back to school supply drive, and we have to say a BIG thank you to everyone who helped out by donating!

Officers and reps putting together goodie bags for Halloween.

In October, we took a group of students to Batson to deliver Halloween goodie bags to the kids. For Christmas, we again helped the Batson Children’s Hospital Outreach by collecting toys for Santa to give out when he comes to visit the Children’s Hospital on Christmas Eve. As always, we gathered up another group of students to deliver Christmas goodie bags for the holidays. PIG Officers: MariBeth Eiland, Andrea McCann, Melissa Howard, Megan Harvey; Najat Al-Sherri, Sireesha Chinthaparthi.

Above and below are some of the handmade gift items made for the children at Blair E. Batson Children’s Hospital.

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The Quest for Mutual Respect and Hope: American-Islamic Relations

Mubina Isani, M3

On October 8, after spending a glorious morning taking an OBGYN exam, I traveled to Washington, D.C. to attend a leadership conference with the Council on American-Islamic Relations (CAIR). My personal intentions were clear: I wanted to learn how to build bridges of trust and understanding among diverse intellectuals. By applying that knowledge to our UMMC community, I hoped to begin dispelling misconceptions and to start erasing Islamophobia.

Just outside the banquet hall were media personnel protesting the presence of a foundation “that supports terrorists,” along with media and known Muslim antagonist Pamela Geller. Ironically, alongside powerful CAIR leaders, I spent the day learning the necessity of delivering messages in a calm, respectable manner. We are all emotionally invested in our faiths, and rightly so. However, I quickly learned that emotions can intercept craftsmanship when opposition takes force. I listened as emotionally-charged phrases and insults from protestors were hurled at me outside the banquet. Although a thousand different sentiments collided inside me, I calmly addressed the issues one by one. I had just learned how to be a positive public speaker, to effectively be an ambassador of faith, and like the med student I am, I was tested on the material before I was fully prepared. This experience left a bitter-sweet taste in my mouth leaving the conference. I was thankful for the knowledge I gained, and distraught about the way I was treated. Nonetheless, it made me all the more determined to apply my newfound wisdom and reach my goals for dispelling Islamophobia in my home environment at UMMC.

Council on American-Islamic Relations

What is CAIR about? Learn more at www.cair.com

This was the first year CAIR held a leadership conference in conjunction with their 18th annual Leadership Banquet. Both activities were held in Arlington, VA, five minutes from the center of DC. The festivities began at 8 a.m. with parallel sessions running all day. I attended sessions that focused on public speaking with renowned CAIR leaders and sessions that gave tips on challenging Islamophobia. The rest of the conference consisted of talks by professor Robert Pape, an American political scientist.

A helpful day ended with the 18th banquet hosting 1000 guests to raise money for CAIR’s efforts in combating Islamophobia. Pizzazz guest speakers such as Helen Thomas, former White House Bureau Chief and Lipstick International Armoire, Muslim Heroes of 9/11, and keynote speaker Tariq Ramadan who gave a strong speech on developing an enlightening philosophy on pluralism in our pluralistic society.

Students for LGBT (lesbian, gay, bisexual, and transgender) Equity hosted a campus-wide lunch lecture Nov. 29 featuring Dr. James Keeton, Vice Chancellor for Health Affairs and Dean of the School of Medicine. This group was founded by medical student Joy Hughes to promote, environment R2 equality on the UMMC campus. Dr. Jasmine Taylor, Associate Vice Chancellor for Multicultural Affairs, spoke briefly as well. She shared information about the resources available to all students on campus for promoting LGBT equality. Dr. Taylor remarked that it was forward-thinking of Joy to bring this awareness to our campus. Joy, married to fellow M3 Josh Hughes, says that you don’t have to be a member of the LGBT community to support LGBT equality.

Back in October, the group hosted a dinner and a movie night featuring the movie Milk with Sean Penn about a gay politician in San Francisco. The movie was followed by a discussion—“Straight talk about gay issues.”

In his talk last month, Dr. Keeton displayed passion for diversity and civil rights, recalling that as a young child he was concerned about the comfort of other children in his grade school who were from different cultures and religions. The focus of his talk was promoting an environment of acceptance and equality for LGBT members of the faculty and students and patients. He pointed out that at UMMC we don’t care who you are, where you come from, or what you have done in your life. Dr. Keeton said it simply, “If you come into our hospital, we are gonna take care of you.”

Ironically, Dr. Keeton was drawn to the field of pediatric urology because he found it to be straightforward in terms of problems and solutions. For example, you could look at an x-ray and know you were dealing with a kidney stone and know how to fix it. However, his career as a pediatric urologist for over 30 years provided many complex cases in which the lives of patients and their families were profoundly affected by intersexuality and gender identity. In one example, Dr. Keeton had a patient born with sexually ambiguous genitalia and an XY genotype, so the child was genetically male. Due to the surgical techniques and opinion of the time, Dr. Keeton did what was widely accepted as routine and surgically “corrected” his patient to the female phenotype. The medical record was sealed, and the patient was advised to conform her later.

By understanding the wide spectrum of circumstances by which people come to identify as one gender or another, we can become more understanding and compassionate towards them.

Twenty years later this woman, now married, wanted to become a Navy fighter pilot. Her sealed medical record was unearthed in the process of applying for the Navy, and she discovered for the first time that she was genetically male and had “correction surgery” as an infant. When she sought out Dr. Keeton for answers, they had a long, emotional discussion, which profoundly affected Dr. Keeton’s view of gender identity and confirmed his confidence in what was being done at the time in the name of healing these patients.

Now doctors counsel parents of intersex children with the help of a team that includes social workers, psychologists, and pediatricians to help the parents make the best decision for their newborn. In fact, some families now opt to postpone surgery until the child is old enough to decide on a gender for him or herself.

Dr. Keeton spoke passionately about the sacred environment of a patient visit. He described how important it is to listen to and counsel the patient and the patient’s family and not dictate treatment. By factiously asking the question, “Since we are Postmodernists, that means we have all the answers, right?” Dr. Keeton conveyed an important point—that as doctors, we do not have all the answers, and we are in fact not always right.

A member of the audience asked Dr. Keeton how he thought it was difficult for society to accept individuals who believe themselves to be the wrong gender. He shared his personal opinion that as humans, when something is mysterious or unknown to us, we often reject it as wrong. By understanding the wide spectrum of circumstances by which people come to identify as one gender or another, and the fact that we have all the answers, we can become more understanding and compassionate towards them.

My hope is that we can all learn from Dr. Keeton and his attitude. I have a great deal of respect for him, not only as the leader of our wonderful medical center, but also as a physician and a person who is open-minded and compassionate.
Movember Wrap-up
by Drew Hayslett, M1

Well, much to the delight of my beautiful wife, Movember is over.

For those of you who missed the article last month, November has been renamed Movember with an M as in Mustache. It’s a month when men are encouraged to grow out their mustaches. Not to look silly, though. (That’s just a side effect.) We grew mustaches to raise awareness of prostate cancer. What the pink ribbon is for breast cancer awareness, the mustache is for prostate cancer awareness.

Why is this?

I’ve given it some thought, and my conclusion is based on the fact that very few men look good with a mustache. Consequently, only those men wear one, and people are surprised when they see a mustache, especially on someone who should have shaved it up to. I, for example, am not one of the select few who can successfully sport a stache, which is painfully obvious the moment that people see my mustache. They cannot resist commenting on it, hoping to glean the reason that I have chosen to look so silly. That’s when I give them a dose of prostate cancer awareness. For instance, did you know that over 200,000 men are diagnosed with prostate cancer each year? Or that about 32,000 men will die from prostate cancer this year?

Not only did we raise awareness, but we raised money, too. Through bake sales, t-shirt sales, and online donations, the M1s and M2s raised over $3700. (The M1s raised more, but who’s counting?) These funds were donated through movember.com to the Prostate Cancer Foundation and LIVESTRONG, the Lance Armstrong Foundation. Worldwide, the Movember Foundation raised around $60 million in the last month, more than in any other Movember in history.

The M1s and M2s celebrated the end of Movember with an old-fashioned mustache contest. Our distinguished panel of judges included Dr. John Correia, Dr. Paul May, Dr. Ranjan Batra, and Mrs. Virginia Covington.

And now, the moment you’ve all been waiting for… the winners! Chandler Nicholson took home the Best Handlebar and Most Creative ‘Stache awards, and at last inspection, he was still sporting his mustache! That’s dedication, my friends. Brandon Weatherly’s mustache would be the Classiest ‘Stache, and Chad Armstrong’s was the Sexiest. (Though I think winking at Mrs. Virginia is cheating.) Caleb Graham looked the Wisest, Chase Osborn the Most Villainous, and Ryan Faulk the most Borat-esque. Micah Walker walked away with Most likely to Drive a Van with No Windows, and Brad Deere was a sho-in for Most likely to Be Seen on Unsolved Mysteries. Stephen Sills was awarded the Pre-Pubescent ‘Stache Award, and after close examination of his upper lip, Dan Nguyen won the Post-Pubescent Award. For Best Celebrity Look-A-Like, Justin Smith was found to be the spitting image of Burt Reynolds. Justin also was chosen as the M1 Class Favorite, for obvious reasons.

As for me, I did not win a certificate for my ego wall. I did, however, come away with a fierce determination to triumph next year. I have 11 more months to train.
SEC WRAP-UP

Jonathan Giurita, M3

Ole Miss (4-8)

After consecutive Cotton Bowl victories in 2008 and 2009, the 2010 season saw Ole Miss return to the bottom of the SEC West with a 4-8 record. While QB Jeremiah Masoli shined in his only season as a Rebel, accumulating 544 yards of rushing and 2,039 yards passing for a total of 20 touchdowns, the Rebels were outscored by opponents 422-367 and managed to win only one SEC game. There will be no bowl predictions for Houston Nutt’s squad this season, but I expect the outlook for 2011 isn’t much better, as backup QB Nathan Stanley will be left to fill Masoli’s shoes.

No. 21 Mississippi State (8-4)

The Bulldogs finished the season strong with a 31-38 double-overtime loss to Arkansas and convincing 31-23 Egg Bowl victory over Ole Miss, earning a place in the Gator Bowl against football powerhouse Michigan. With such rapid success, the rumors concerning Dan Mullen’s departure from MSU to a more prestigious position are sure to carry on this season. Amidst an NCAA investigation and weekly questions concerning his eligibility, Newton shined brighter than ever, leading the Tigers to a perfect 13-0 season including a come-from-behind win over Alabama, SEC championship rout of South Carolina, and BCS National Championship berth. With 1409 yards rushing, 2,589 yards passing, and 49 total touchdowns, Newton all but locked up the Heisman Trophy and secured a first-round pick in this year’s NFL draft. In a battle of the nation’s two premier offenses, the Tigers will take on Oregon for the BCS National Championship, and the SEC will boast the National Championship team for the fifth consecutive year.

No. 11 LSU (10-2)

The clock struck midnight for this season’s Cinderella when the Tigers were handed a 23-31 loss by Ryan Mallett’s Arkansas Razorbacks, but all the on and off-field drama was surely a great source entertainment. Following the Tennessee defeat, Les Miles was ridiculed for his clock management and rumors swirled that LSU alums were taking donations to buy out his contract. The ill-spoken coach suddenly became a genius when the Tigers defeated Alabama, and suddenly all was forgiven of the grass-eating coach. Though the Tigers’ offense has been absent thus far, LSU’s top-notch special teams and defense should be sufficient to take down Texas A&M in the AT&T Cotton Bowl.

No. 1 Auburn

Legitimate: the word that comes to mind when discussing both the Auburn Tigers and their star quarterback Cam Newton. Amidst an NCAA investigation and weekly questions concerning his eligibility, Newton shined brighter than ever, leading the Tigers to a perfect 13-0 season including a come-from-behind win over Alabama, SEC championship rout of South Carolina, and BCS National Championship berth. With 1409 yards rushing, 2,589 yards passing, and 49 total touchdowns, Newton all but locked up the Heisman Trophy and secured a first-round pick in this year’s NFL draft. In a battle of the nation’s two premier offenses, the Tigers will take on Oregon for the BCS National Championship, and the SEC will boast the National Championship team for the fifth consecutive year.

Notables

Ryan Mallett became the fourth SEC quarterback to pass for over 3,000 yards and throw 30 touchdowns in consecutive seasons, and the No. 8 Arkansas Razorbacks (10-2) are prepared to meet No. 6 Ohio State in the Sugar Bowl, the Hogs’ first since 1980. For No. 20 South Carolina (9-4) a win at the Chick-Fil-A Bowl would combine with a win against then-No.1 Alabama and an SEC East regular season championship to make this the Gamecocks’ most successful season in school history.

One Bowl rather than the National themselves playing in the Capital this season, the Bulldogs appear to carry the Tide to a more formidable opponent for the Bowl victory over Ole Miss (4-8)

Jan. 4      Allstate Sugar Bowl  Arkansas vs. Ohio State
Jan. 1      Gator Bowl   MSU vs. Michigan
Jan. 1      Outback Bowl   Florida vs. Penn State
Dec. 30    Music City Bowl  Tennessee vs. North Carolina
Dec. 31    AutoZone Liberty Bowl  Georgia vs. UCLA
Dec. 31    Chick-fil-A Bowl  South Carolina vs. FSU
Jan. 1      Outback Bowl  Florida vs. Penn State
Jan. 1      Capital One Bowl  Alabama vs. Michigan State
Jan. 1      Gator Bowl  MSU vs. Michigan
Jan. 4      Allstate Sugar Bowl  Arkansas vs. Ohio State
Jan. 7      AT&T Cotton Bowl  LSU vs. Texas A&M
Jan. 8      BBVA Compass Bowl  Kentucky vs. Pittsburgh
Jan. 16 National Championship  Auburn vs. Oregon

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Chocolate Fields Forever

by Emily Faulkis, M4

I have a secret…I used to be HORRIBLE at baking chocolate cake! The cakes would fail when I took them out of the oven, or they’d have a weird awful texture, or just look plain disgusting. For a long time I refused to do chocolate cake. Those of you that know me must know that I LOVE to bake to please, and it killed me to do chocolate cake! (And I’m still avoiding peanut butter oatmeal raisin cookies…but that’s another story for another day. Let’s just say flames were involved.)

So one day recently my pathology-to-be friend demanded that I make chocolate cake with coffee icing for her birthday. Of course I said yes, but secretly I was terrified…this was a special occasion and I needed to perform perfectly. So when there are times like these, I rely on my old friend Ina from foodnetwork.com. (We’ve actually not met in person, just through the TV, but I’ve never had a bad experience from any of her recipes. Highly recommend her stuff.) I James sent her recipe for chocolate cake and it was PERFECTION. So if you’ve ever had nightmares involving chocolate cake, please consider this recipe. It’s foolproof.

What you’ll need:

- 2-3 teaspoons hot water
- 1-2 tablespoons instant coffee
- 2 cups sugar
- 2-3 teaspoons flour
- 2 teaspoons baking soda
- 1 teaspoon baking powder
- 1/2 cup vegetable oil
- 1 cup buttermilk
- 2 eggs
- 1 teaspoon vanilla extract
- 1 cup freshly brewed HOT coffee
- 2-3 teaspoons hot water
- 1-2 tablespoons instant coffee
- 2 cups sugar
- 2-3 teaspoons flour
- 2 teaspoons baking soda
- 1 teaspoon baking powder
- 1/2 cup vegetable oil
- 1 cup buttermilk
- 2 eggs
- 1 teaspoon vanilla extract
- 1 cup freshly brewed HOT coffee

Go ahead and set your oven to 350 Degrees F. Take your butter and grease your pans, and then dust flour on top of the butter. I suppose you could also use non-stick cooking spray, but I would brush lightly. And get that coffee brewing!

Combine all of your dry ingredients: flour, sugar, cocoa powder, baking soda, baking powder, and salt. Mix all those things till everything is uniform. Caution: cocoa powder will go EVERYWHERE if you are not gentle! Get another bowl and combine your liquids. EXCEPT the coffee: buttermilk, oil, eggs, vanilla. Slowly mix the wet ingredients to the dry. The batter will be nice and thick. Now here’s the part that used to trip me up: stir in the cup of coffee. The batter will now be quite lumpy, but that’s what you want. Trust me. I know, I’ve been there and doubted too. Just do it and thank me later.

Divide the batter evenly between the two pans. Bake in the oven for about 35-40 minutes but please check on the cakes. Every oven is different, and I swear some cooks never made a cotton cake before! For a truly lovely cake. Warming: consuming this cake at night will probably make you stay awake for a LONG time due to the coffee. At least that’s what happened to me. So, after finding this cake (and others) I put them into chocolate cake gremlins, but that’s a good thing in my book.

Happy holidays!

Images from and Recipe adapted from: http://www.foodnetwork.com/recipes/inagarten/beattys-choco-cake-recipe/index.html

If you’re interested in this cake, let me know! I have a few extra recipes that I could share with you.

WebMD, Consumer reports, and my book.

Warning: consuming this cake at night will probably make you stay awake for a LONG time due to the coffee. At least that’s what happened to me. It can be hard to sleep after eating a chocolate cake, especially if it’s not a good one. I recommend using chocolate cake, but it’s still better than resting.

Baking soda, baking powder, and salt. Mix all those things till everything is uniform. Caution: cocoa powder will go EVERYWHERE if you are not gentle! Get another bowl and combine your liquids. EXCEPT the coffee: buttermilk, oil, eggs, vanilla. Slowly mix the wet ingredients to the dry. The batter will be nice and thick. Now here’s the part that used to trip me up: stir in the cup of coffee. The batter will now be quite lumpy, but that’s what you want. Trust me. I know, I’ve been there and doubted too. Just do it and thank me later.

Divide the batter evenly between the two pans. Bake in the oven for about 35-40 minutes but please check on the cakes. Every oven is different, and I swear some cooks never made a cotton cake before! For a truly lovely cake. Warming: consuming this cake at night will probably make you stay awake for a LONG time due to the coffee. At least that’s what happened to me. So, after finding this cake (and others) I put them into chocolate cake gremlins, but that’s a good thing in my book.

Happy holidays!

Images from and Recipe adapted from: http://www.foodnetwork.com/recipes/inagarten/beattys-choco-cake-recipe/index.html
on this page • photos by My-Binh Ngo of her niece experiencing Christmas • opposite Medical Dental and SHRP Students partying
The illustrious Dr. Jerry Clark turns 50 this Christmas Day. His birthday is probably often overshadowed by the holiday, but this special year the ASB wanted to show appreciation for him by having a party in the union. Since 50 candles on one cake would cause a fire hazard, the ASB sprung for 50 birthday cakes. No amount of cake could properly thank Dr. Clark for all the support and encouragement he provides to UMMC students every day. The event was organized by former ASB president Jon Steadman, current ASB President John Davis, and new President-Elect, Lyssa Taylor. Thanks to Jon Steadman’s wife, Janeal, for transporting cakes. Also involved in surprising Dr. Clark were Parker Jones and Leigh Ann Massey, the wonderful people who run our great Student Union. Even amidst all he does as faculty advisor for the Associated Student Body and Chief Affairs Officer, he prefers to stay in the background, shying away from praise or recognition. This was a well deserved Happy Birthday tribute to a man that does so much for so many of us. Many students from across campus left study nooks and busy schedules to come to the Student Union at noon on November 29 and show support for Dr. Clark while enjoying cake and punch.
"If I could walk, I would be flat out the door."

When Chris Gill wrote the lyrics for “Hospital Blues,” he feared his music career might be over. An 18-wheeler had crashed into his SUV, leaving Chris with a severe brain injury and broken bones from head to toe.

But therapy at Methodist Rehab Center helped Chris get back to playing his signature “Island Blues.” And now he sings the praises of MRC staff. “They are so caring and giving,” he says. “They are helping people every day.”