To us, it’s pioneering surgery.
To Abigail, it’s child’s play.

Abigail Morgan was born with a hole in her heart. Instead of open heart surgery, Dr. Ali Dodge-Khatami at Children’s of Mississippi repaired Abigail’s heart through a small incision under her arm. She was home playing just four days later.

The University of Mississippi Medical Center is one of the few places anywhere offering this pioneering surgery. Your gift can help bring this level of care to more Mississippians like Abigail.

Give today
manningsforhealth.org

Abigail Morgan with her family.

Life insurance is more than a policy.
It’s a promise.

featured:
cross and scalpel
thoughts of a meandering m2
ob-gyn SIG
school of pharmacy

from the president
intramurals inbox
cross and scalpel
thoughts of a meandering m2
ob-gyn SIG
snma world AIDS day
jfc update
school of nursing
school of pharmacy
call for ads
beginner chef
cooking corner
the dish
From Our President

Friends,
The Holiday season is officially upon us! With the end of the semester in reach, it is particularly easy to get lost in the stress of finals, projects, and clinical duties. Work hard but don’t forget to let yourself have the opportunity to feel the Holiday Spirit during this special time. There are plenty of opportunities to relieve some stress and enjoy the Holidays around Jackson! Here are some upcoming events that will be sure to brighten your day(s):

Dec 1st: Music in the City and Lighting of the Bethlehem Tree (MS Museum of Art)
Dec 3rd: Fondren’s First Thursday
Dec 3rd-5th: 30th Annual Festival of Lights (MS College)
Dec 5th: Claus Ball (UMMC PARTY!)
Dec 5th: Jingle Bell Jog (Madison Central High School)
Dec 5th: North Pole Down South (Town of Livingston)
Dec 5th: 83rd Annual Singing Christmas Tree
Dec 5th: City of Jackson Christmas Parade (Downtown Jackson)
Dec 12th: Historic Christmas at The Oaks (Oaks House Museum)
Dec 12th: Holiday Hustle 5K (Downtown Canton)
Dec 17th: Holiday Hustle 5K (Downtown Canton)
Dec 17th: Museum of Art After Hours Pop-Up Exhibition
Dec 19th: North Pole Down South (Town of Livingston)
Dec 19-20th: Jackson’s Christmas Fest (Downtown Jackson)
Dec 17th: Museum of Art After Hours Pop-Up Exhibition
Dec 19th: North Pole Down South (Town of Livingston)
Dec 19-20th: Jackson’s Christmas Fest (Downtown Jackson)

It’s been a great year, UMMC. 2015 has been good to us, and I’m confident that 2016 will be even better! Finish off your semester strong and enjoy the Holidays with your family and friends! See ya next year!

Best,
Sarah Ali
ASB President

In their third championship game appearance in 4 years, The Greatest Show on Turf (M4) finally won a championship by defeating Sympathetic Chain Gang (M1) 28-21 on Sunday, November 1. The fourth-seeded M4s defeated the top-seeded Therabandits (PT) 19-14 in a come-from-behind victory earlier in the day in the semi-finals. The third-seeded M1s defeated Triple Bypass You (M3) 28-21 with a touchdown with 9 seconds remaining in the game in the other semi-final. In the championship game, the M4s jumped out to an early 6-0 lead with a pass from Sumner Abraham to Logan Rush. The M1s regained the lead at 14-6 until a pass from Abraham to Jason Pickett tied the game shortly before halftime. After halftime, a rushing TD by Abraham, and another passing TD to Logan Rush stretched the lead to 28-14 for the M4s. Drew Moroux had a key interception late in the second half. The M1s scored again but could not close the gap, with the final score being 28-21. Nick Watkins and Zach Johnson both had receptions on extra points.

In their third championship game appearance in 4 years, The Greatest Show on Turf (M4) finally won a championship by defeating Sympathetic Chain Gang (M1) 28-21 on Sunday, November 1. The fourth-seeded M4s defeated the top-seeded Therabandits (PT) 19-14 in a come-from-behind victory earlier in the day in the semi-finals. The third-seeded M1s defeated Triple Bypass You (M3) 28-21 with a touchdown with 9 seconds remaining in the game in the other semi-final. In the championship game, the M4s jumped out to an early 6-0 lead with a pass from Sumner Abraham to Logan Rush. The M1s regained the lead at 14-6 until a pass from Abraham to Jason Pickett tied the game shortly before halftime. After halftime, a rushing TD by Abraham, and another passing TD to Logan Rush stretched the lead to 28-14 for the M4s. Drew Moroux had a key interception late in the second half. The M1s scored again but could not close the gap, with the final score being 28-21. Nick Watkins and Zach Johnson both had receptions on extra points.

In their third championship game appearance in 4 years, The Greatest Show on Turf (M4) finally won a championship by defeating Sympathetic Chain Gang (M1) 28-21 on Sunday, November 1. The fourth-seeded M4s defeated the top-seeded Therabandits (PT) 19-14 in a come-from-behind victory earlier in the day in the semi-finals. The third-seeded M1s defeated Triple Bypass You (M3) 28-21 with a touchdown with 9 seconds remaining in the game in the other semi-final. In the championship game, the M4s jumped out to an early 6-0 lead with a pass from Sumner Abraham to Logan Rush. The M1s regained the lead at 14-6 until a pass from Abraham to Jason Pickett tied the game shortly before halftime. After halftime, a rushing TD by Abraham, and another passing TD to Logan Rush stretched the lead to 28-14 for the M4s. Drew Moroux had a key interception late in the second half. The M1s scored again but could not close the gap, with the final score being 28-21. Nick Watkins and Zach Johnson both had receptions on extra points.

In their third championship game appearance in 4 years, The Greatest Show on Turf (M4) finally won a championship by defeating Sympathetic Chain Gang (M1) 28-21 on Sunday, November 1. The fourth-seeded M4s defeated the top-seeded Therabandits (PT) 19-14 in a come-from-behind victory earlier in the day in the semi-finals. The third-seeded M1s defeated Triple Bypass You (M3) 28-21 with a touchdown with 9 seconds remaining in the game in the other semi-final. In the championship game, the M4s jumped out to an early 6-0 lead with a pass from Sumner Abraham to Logan Rush. The M1s regained the lead at 14-6 until a pass from Abraham to Jason Pickett tied the game shortly before halftime. After halftime, a rushing TD by Abraham, and another passing TD to Logan Rush stretched the lead to 28-14 for the M4s. Drew Moroux had a key interception late in the second half. The M1s scored again but could not close the gap, with the final score being 28-21. Nick Watkins and Zach Johnson both had receptions on extra points.

In their third championship game appearance in 4 years, The Greatest Show on Turf (M4) finally won a championship by defeating Sympathetic Chain Gang (M1) 28-21 on Sunday, November 1. The fourth-seeded M4s defeated the top-seeded Therabandits (PT) 19-14 in a come-from-behind victory earlier in the day in the semi-finals. The third-seeded M1s defeated Triple Bypass You (M3) 28-21 with a touchdown with 9 seconds remaining in the game in the other semi-final. In the championship game, the M4s jumped out to an early 6-0 lead with a pass from Sumner Abraham to Logan Rush. The M1s regained the lead at 14-6 until a pass from Abraham to Jason Pickett tied the game shortly before halftime. After halftime, a rushing TD by Abraham, and another passing TD to Logan Rush stretched the lead to 28-14 for the M4s. Drew Moroux had a key interception late in the second half. The M1s scored again but could not close the gap, with the final score being 28-21. Nick Watkins and Zach Johnson both had receptions on extra points.

In their third championship game appearance in 4 years, The Greatest Show on Turf (M4) finally won a championship by defeating Sympathetic Chain Gang (M1) 28-21 on Sunday, November 1. The fourth-seeded M4s defeated the top-seeded Therabandits (PT) 19-14 in a come-from-behind victory earlier in the day in the semi-finals. The third-seeded M1s defeated Triple Bypass You (M3) 28-21 with a touchdown with 9 seconds remaining in the game in the other semi-final. In the championship game, the M4s jumped out to an early 6-0 lead with a pass from Sumner Abraham to Logan Rush. The M1s regained the lead at 14-6 until a pass from Abraham to Jason Pickett tied the game shortly before halftime. After halftime, a rushing TD by Abraham, and another passing TD to Logan Rush stretched the lead to 28-14 for the M4s. Drew Moroux had a key interception late in the second half. The M1s scored again but could not close the gap, with the final score being 28-21. Nick Watkins and Zach Johnson both had receptions on extra points.

In their third championship game appearance in 4 years, The Greatest Show on Turf (M4) finally won a championship by defeating Sympathetic Chain Gang (M1) 28-21 on Sunday, November 1. The fourth-seeded M4s defeated the top-seeded Therabandits (PT) 19-14 in a come-from-behind victory earlier in the day in the semi-finals. The third-seeded M1s defeated Triple Bypass You (M3) 28-21 with a touchdown with 9 seconds remaining in the game in the other semi-final. In the championship game, the M4s jumped out to an early 6-0 lead with a pass from Sumner Abraham to Logan Rush. The M1s regained the lead at 14-6 until a pass from Abraham to Jason Pickett tied the game shortly before halftime. After halftime, a rushing TD by Abraham, and another passing TD to Logan Rush stretched the lead to 28-14 for the M4s. Drew Moroux had a key interception late in the second half. The M1s scored again but could not close the gap, with the final score being 28-21. Nick Watkins and Zach Johnson both had receptions on extra points.

In their third championship game appearance in 4 years, The Greatest Show on Turf (M4) finally won a championship by defeating Sympathetic Chain Gang (M1) 28-21 on Sunday, November 1. The fourth-seeded M4s defeated the top-seeded Therabandits (PT) 19-14 in a come-from-behind victory earlier in the day in the semi-finals. The third-seeded M1s defeated Triple Bypass You (M3) 28-21 with a touchdown with 9 seconds remaining in the game in the other semi-final. In the championship game, the M4s jumped out to an early 6-0 lead with a pass from Sumner Abraham to Logan Rush. The M1s regained the lead at 14-6 until a pass from Abraham to Jason Pickett tied the game shortly before halftime. After halftime, a rushing TD by Abraham, and another passing TD to Logan Rush stretched the lead to 28-14 for the M4s. Drew Moroux had a key interception late in the second half. The M1s scored again but could not close the gap, with the final score being 28-21. Nick Watkins and Zach Johnson both had receptions on extra points.
Do you hear what happened from the first thought to the second? The cynic became disappointed in Mrs. Morris’ situation, so she was reassigned the impersonal description of “patient” with the difficulty of her diagnosis and pushed out to her arms length. And not only did she lose her name, she also earned the dreaded description of “non-compliant,” a term that places the blame for missing medications squarely on her. Finally, because the cynical provider no longer believes that Mrs. Morris can improve, he wants to get the visit over with quickly, so a more robust investigation of what is keeping Mrs. Morris from taking her meds gets boiled down to no more than a rushed three-word phrase.

The difference with Christians is not so much that we assume the worst will happen. Assuming the best will happen is a modern understanding of hope. This kind of hope – modern hope – is groundless; there’s no reason to assume the best will happen except that it helps the modern person avoid less pleasant thoughts. In this way, modern hope is just as unfulfilling as cynicism. Both color the world – one gray, one rose – to suit someone’s emotional needs. Christian hope is different both from cynicism and modern hope. It has reasons. Where modern hope well-wishes the best and cynics assume the worst, Christianity sees a kingdom. The hope Christians profess is not just a religious sentiment of comfort in death. Christians work with that picture in their minds of the world made right by God. The kingdom picture gives them their capacity to care. You can’t be a cynic when you believe that God is not done yet. When you believe that God can take a gruesome execution and turn it into the salvation of the world, that God brought a dead man out of his tomb, when you believe that God will return for this beloved, broken world, and when you believe that a miracle-working God is capable of using you at any time for his redemptive purposes – when those beliefs shape your view of reality, you’ll find it hard to give up on any patient.

Theologian and psychiatrist Warren Kinghorn notes that Christians have always worked to provide healthcare with dignity for everyone, even the most ‘hopeless’ of patients. Christians distinguished themselves in ancient Rome staying in the city as care for the victims of many diseases. Because they believed death had been defeated on the cross, there was nothing to fear from the perspective of their mortality. The same commitment to the ‘hopeless’ led early Christian monasteries to welcome the sick strangers at their monastery doors and show them real hope. Later, when healthcare in America existed only for those who had money to pay for a house call, it was Christians who first established charity hospitals because they believed every encounter with a sick human being was an encounter with Christ himself.

The Lord be with you.

Ben Carroll, M3, is a recovering cynic, whitewater rafting enthusiast, and former associate pastor at St. Luke’s United Methodist Church in Fondren. If you have thoughts about this or any other Cross and Scalpel, he hopes to hear them (bwcarroll@ummc.edu).
Purpose

When you think of purpose, what is the first thing that comes to your mind? According to Dictionary.com, purpose is defined as, "the reason for which something is done or created or for which something exists." When my pastor preached on the topic of purpose several years ago, I never had given much thought as to why I was created or how God could even use me. I was a new believer in a church full of seasoned saints who knew their purpose in life, and I had just learned what it actually meant to have a relationship with Jesus!

That sermon that day made me reflect on many things. I had applied to more than forty medical schools and to no avail, received just as many rejection letters and emails. I knew that God had given me the dream, but I was not sure if becoming a physician was my purpose. After many years of applying, I finally received a call for an interview and before I knew it, I was calling everyone and letting them know that I had found my purpose and that I was going to be a doctor. I had finally found out what God was calling me to do, and I was well on my way to glorifying Him in my future practice.

In August of 2014, I walked through the doors of the School of Medicine with my head held high, eyes bright, and my smile was more than a mile wide. I was finally walking into my purpose, and I was beyond excited. Around October or November of my M1 year, I began to look around and wonder, Lord, is this really my purpose or is something that I conjured up on my own? You see, I was under the impression that once God revealed your purpose to you, that everything else would be easy from there. I also believed that once God gave you the dream or the vision, that the process would not be as rigorous and I was sadly mistaken. With these things in mind, I would like for us to take a look at the story of Joseph and I would like to make some points about purpose. First, purpose can lead you to the “pit.” Secondly, purpose gives us the opportunity to be promoted and for God to be glorified. Lastly, purpose is not always easy.

Purpose and the Pit

In Genesis 37, Joseph tells his brothers that he has a dream. In verses 6-7 he says, "...Listen to this dream I had: There we were, binding sheaves of grain in the field. Suddenly my sheaf stood up, and your sheaves gathered around it and bowed down to my sheaf." Later on in verse 9, he has another dream where the sun, moon, and 11 stars were bowing down to him. As you can see, Joseph was receiving these visions from God who was telling him of what was to come but what God did not reveal was the path that it would take to get him there. Let’s take a deeper look in some later verses of chapter 37 and some following chapters of Genesis.

Later on in Genesis 37, Joseph’s brothers are so jealous of him that they plot to kill him but instead they decide to throw Joseph into a pit where he is later sold into slavery. In Genesis 39, Joseph is bought by a rich Egyptian named Potiphar and soon finds favor in his sight. In verses 3 and 5 it says, “When his master saw that the Lord was with him and that the Lord made everything he did successful, Joseph found favor in his master’s sight and became his personal attendant.” From the time that he put him in charge of his household and all that he owned, the Lord blessed the Egyptian’s house because of Joseph.” I think it is worth noting here that although Joseph was thrown into a pit and sold into slavery, God was still with him and blessing everything that he touched and set his mind to.

Purpose and Promotion

Secondly, and my favorite part of Joseph’s journey is his promotion to being second-in-command. Joseph was not only a “dreamer” but he was also given the ability to interpret dreams. While he was in prison after being wrongly accused by Potiphar’s wife, Joseph interpreted the dreams of the cupbearer and the baker. At this time God was revealing to Pharaoh that he was about to bring seven years of abundance as well as seven years of famine to Egypt through troubling dreams and no one could interpret the dreams but Joseph. After Joseph interpreted the dreams with God’s help, Joseph was named as second-in-command over Egypt and saved the entire Egyptian nation as well as his family from the famine that swept the land.

Purpose Isn’t Easy

So you’re probably thinking this sounds like a wonderful story, but what does this have to do with me? To be honest, I thought the same thing when I first read the story of Joseph when I had a sweet lady tell me that I would be the “Joseph” of my family. If we look deeper into Joseph’s story and as I alluded to earlier, we see that God showed Joseph that he would be great but He did not show Joseph that he would have to be betrayed by his brothers, thrown into a pit, sold into slavery, be separated from his mother and father, have his name dragged through the mud by Potiphar’s wife, and then be forgotten in prison by the cupbearer who promised that he would remember him. Do you think that Joseph would have been as excited to tell his brothers his dreams if God would have revealed the entire picture to him?

After we’ve gotten this background, now we can insert ourselves into this picture; God has given us these dreams to become doctors, researchers, physical therapists, dentists, and other types of healthcare professionals and now we have arrived right? He has opened doors and given us opportunities that we know have come from Him alone...but then we are met with fierce opposition. We get thrown into our “pits” and we are faced with some challenges that seem insurmountable. Those are the times when we begin to doubt and question if this really was what God intended. It is during these times that we need to look at Joseph and be reminded that we are in our purpose and that God is for us and with us every single step of the way as He was with Joseph so many years ago. Going forward with our professional school studies, we have to remember that our purpose is not only to become healthcare professionals, but we were ultimately created to bring God glory in all that we do in our future professions.

Scriptures:
Genesis Chapters 37 and 39-45

ABOUT ME:
I’m an M2 and a coach’s wife. Still trudging along this journey of medical school and I’d love to hear from you!
Bnwilliams2@unc.edu

Blessings,
Britney

Helping You Is What We Do Best!

There’s really only one way to know that you’re getting the most responsive, dependable insurance possible: personal customer service. So for everything from Auto, Home, Life and Health, you can get genuine, friendly, expert advice from your local Farm Bureau agent.

Madison (601) 856-3705 • Canton (601) 859-3215
Flora (601) 879-3699

Get Real Auto-Home-Life
What’s Happening...
in the World of the
OB-GYN SIG

This semester, the OB-GYN Student Interest Group has participated in various activities related to community service and volunteering. In September, three of our members attended the ACOG Joint Conference in Denver, Colorado where we were able to learn about current events in OB-GYN and attended a residency fair. In October, our group made blankets for cancer patients in Wiser and had a Spooky U booth themed “Under the Sea with OB-GYN”. At the beginning of November, we spoke with a group of teens about various topics relevant to their lives and we collaborated with the OB-GYN Department to offer Labor and Delivery shadowing for medical students during the two weeks that there are no M3 students on the rotation to give students an opportunity to experience some of the clinical parts of medical school in the OB-GYN World.

On November 17, the OB-GYN Student Interest Group held its first simulation lab activity open to all medical students. During this simulation lab, there were various stations related to OB-GYN, such as a knot tying station, breast exam station, cervical exam station, hysteroscopy station, and vaginal delivery station. There were various M3 and M4 students, along with residents and Dr. Parry (the faculty advisor for the OB-GYN SIG) to help. It was a very successful event and we hope to hold more events like this in the future! We have more events planned for next semester so stay tuned!

OB-GYN SIG students making bracelets for oncology patients

SNMA Announces...
WORLD AIDS DAY

On behalf of the School of Medicine’s Gay Straight Alliance and the Student National Medical Association, an organization for underrepresented minority medical students, we would respectfully like the campus to join us in recognizing World AIDS Day. World AIDS Day is Tuesday, December 1, 2015. It is an opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV, and to commemorate people who have died. The red ribbon is recognized as the symbol for this global health day.

To bring more awareness to the public about AIDS, we will host information booths in the School of Medicine’s hallway containing educational materials about HIV, safer sex, and PrEP, a pre-exposure measure for HIV transmission, on Tuesday, December 1, 2015 from 11am-1pm. There will also be pamphlets and free condoms available encouraging people to rethink HIV. As members in the healthcare field, it is our responsibility to take the initiative to update and to continue our medical education in order to be more of a service to our colleagues and to fulfill our role of service to patients and the public.

In addition to the information booths, we will be offering free and fast HIV screening for those interested. This confidential testing area will occur in the Classroom Wing from 11am—1pm on December 1st. Students and staff are encouraged and welcome to come and get tested, even if you know your medical status or are just curious. There is no greater satisfaction than knowing your status.

The Jackson, Mississippi, metro area is a hotspot for HIV. The chances are likely that you know of someone or are friends or family members with someone who is either infected themselves or is in contact with someone who has HIV. The treatment options for HIV/AIDS have exponentially progressed so that those with the disease are capable of living completely normal lives. In order to completely eradicate the myths and stigma surrounding HIV/AIDS, we must normalize the discussion of the topic. Help us raise awareness and show your support by attending or simply stopping by for this informative event.
Happy Holidays from the Jackson Free Clinic!

Thank you to all of the student volunteers this year! Because of you, over 900 patients were taken care of by medical students and physicians. The pharmacy school helped counsel these patients on how to make their medications and for the first time offered flu shots at the JFC. Dental students saw over 300 patients this year, and the PT/OT program saw over 200. These patients are people in our community who cannot afford the medical care that they need. We sincerely appreciate the time and effort you have spent with us each Saturday taking care of our patients, and we hope you will join us again next year and continue volunteering!

JFC Holiday Hours

The JFC will be closed on:

- Saturday, December 26, 2015
- Saturday, January 2, 2016

School of Nursing

Hygiene at Highland

Students from the School of Nursing traveled to Highland Elementary School in Ridgeland to educate students about hygiene and sickness prevention as the cold season quickly approaches. Students learned the proper way to cough, wash their hands, and other tips regarding the spread of germs. We also taught students how often they should visit the dentist, change their toothbrush, and how to be well groomed and clean. The SON would like to thank Highland's school nurse, Mrs. Chesley Alias, for allowing us the opportunity to teach and spend time with their students. This experience really allowed us to gain insight on the exciting role of the school nurse.
School of Pharmacy

November Updates

LEFT:
PY4 Lauren Lyles (second from left) has served as a national student leader within the NCPA (National Community Pharmacists Association)! She recently traveled to Washington, DC, for the national convention. We are so proud of her efforts to promote pharmacy on the national level!

RIGHT:
Our Spooky U team, Fresh Off the Pharm, won Best Costumes at this year’s event! This is a favorite for the SOP and our students are always excited to meet UMMC families.

LEFT:
UMAC (University of Mississippi Advocacy Committee) recently visited the Mississippi Board of Pharmacy where they were given a tour of the facilities and an update on important legislative information within Mississippi pharmacy.

RIGHT:
Great job to P4 Mary-Haston Leary! She was selected for a distinguished trainee research award by the ACCP Infectious Diseases Practice Research Network at the ACCP global conference recently.

ABOVE:
Who says that students can’t have fun? Our students recently enjoyed a holiday event at High Heaven trampoline park!

BELOW:
The SOP participated in “On Wednesdays, we wear pink.” This has become a tradition in the SOP as we support breast cancer awareness every week during October!

LEFT:
PediaRebs recently enjoyed a few days of volunteering at the Sanderson Farms Golf Tournament! This up and coming organization has become quite involved with Children’s Hospital this year!

Be sure to follow us on social media!
University of Mississippi School of Pharmacy: @olemisspharmacy
UMSOP Student Body (Twitter): @UMSOP_SB
Blog: The Dose (from: pharmacy.olemiss.edu)
Facebook:
University of Mississippi School of Pharmacy and UM Department of Pharmacy Practice

By: Stephanie Sollis, PY3 Pharmacy Student Body President
Your Ad Could Be HERE

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 @ jkthomas@umc.edu.

Beginner Chef

Wassail

It’s that time of year again. Christmas music in department stores, hot chocolate, and you can’t help but sing a jingle as you are walking. Pretty much, this is the time of the year that the best parties happen with the best food. Hosting a Christmas party? I have just the drink for you to make your house smell like Christmas and goes great along with all the holiday meals.

Ingredients:
2 quarts apple cider
2 cups orange juice
2 ½ cups pineapple juice
2/4 cups lemon juice
2-6 cinnamon sticks (or sprinkle ground cinnamon – a lot)
1 tablespoon whole cloves
1 cup honey (or sugar) to taste

Instructions:
In a large pot, heat all the ingredients to a simmer. Do NOT boil. Simmer for 30 minutes then keep pot on low heat for the remainder of the party to keep warm.

Happy holidays, Merry Christmas, and Happy New Year!

Enjoy!
Eden Yelverton, M4
Sweet Potato Casserole

Christmas is one of my absolute favorite times of year. I love the weather, I love the food, I love any and all Christmas decorations, and I love being with my family. It’s just an all-around great holiday! Of course, with any great holiday, comes great food. So this month, instead of making a main dish, I decided to share with you guys an all-time classic holiday side dish: Sweet Potato Casserole. This casserole is incredible. It’s quick, it’s easy, it’s healthy, and it will be a hit at any dinner table this Christmas! I can almost guarantee it.

Source: http://allrecipes.com/recipe/yummy-sweet-potato-casserole/

Serves ~6

The Dish

Ingredients:
- 4 large sweet potatoes
- ½ cup white sugar
- 2 eggs, beaten
- ½ teaspoon salt
- 2-3 tablespoons butter, softened
- ½ cup milk
- 1/2 teaspoon vanilla extract

Instructions:
1. Roast the sweet potatoes in the oven for 25-30 minutes at 350 °F. You’ll know they’re ready when they become fragrant and start to brown slightly on the outside. They’ll also be tender to the touch.
2. Once the sweet potatoes are ready, preheat your oven to 325 °F.
3. Remove the skin from the sweet potatoes, and place them in a large bowl. In that same bowl, mix/mash together the sweet potatoes, white sugar, eggs, salt, butter, milk, and vanilla extract. Mix until smooth (or chunky if that’s what you prefer). Transfer to a 9x13 in. baking dish.
4. In a medium bowl, mix the brown sugar, cinnamon, and flour. Cut in the butter until the mixture is coarse. Stir in the pecans. Sprinkle the sugary goodness over the sweet potato mixture.
5. Bake in the preheated oven for 30 minutes, or until the topping is slightly brown.

That should do it. If you love sweet potatoes please make this dish when you get a chance. I think you’ll love it! As always, please feel free to e-mail me with any questions or comments.

Happy December everyone!

~Mina

Chocolate Pie

Looking for a sweet dish to start the Christmas season off right? This pie is a great addition to any family dinner, Christmas party, or just a cold December night. My family has one every year for the holidays, and it is always a crowd pleaser! You can eat it plain or serve it up with whipped cream, powdered sugar, or even more chocolate (my personal favorite).

Enjoy!

Source: Viking Cooking School

Ingredients:
- 1 pie crust (I use store-bought refrigerated pie dough)
- 1 ½ cups sugar
- 3 tablespoons cocoa powder
- ½ stick unsalted butter, melted
- 2 large eggs, slightly beaten, plus 1 large egg yolk, slightly beaten

Instructions:
1. Position an oven rack in the bottom third of the oven, and preheat to 350 degrees.
2. Line a 9-inch pie dish with the pie dough, and fold the edges under to form a rim.
3. Combine the sugar, cocoa, and melted butter and mix on medium-low speed until thoroughly combined (or hand mix for about 30-45 secs).
4. Add the eggs and egg yolk, and mix on medium-high speed for three minutes. Add the salt, evaporated milk, and vanilla, and mix for another 1-2 minutes (again, can be hand mixed).
5. Prick the bottom of the pie shell with a fork, pour the filling into the shell, and place into the oven. Bake until the crust is golden brown and the filling jiggles only slightly in the very center (about 45-50 mins). Cool completely.
6. Cut into wedges and enjoy!

**You can store the pie, tightly covered, in the refrigerator.**

Happy Eating!

Maggie Wester, M3
George Mallory famously said he climbed Mount Everest “because it’s there.” It’s a sentiment John Adam Long of Louisville echoes when asked why he became a triathlete: “Because I can,” he said.

Paralyzed in a 2010 car accident, Long sees sports as a way to push himself to his limits while staying in shape and inspiring his family.

“I told my wife when I was in ICU after my accident that I was going to do a triathlon and she thought I was crazy,” Long said. “I have two young boys and I want them to see their dad as more than a guy in a wheelchair.”

MRC’s therapeutic recreation program director Ginny Boydston has helped connect Long with the resources and equipment necessary for the event. Now he has three half Ironman and 10 Olympic distance triathlons under his belt, an incredible accomplishment for a quadriplegic.

“Ginny has helped me a lot,” Long said. “I rode my first hand cycle at Methodist.”