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

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

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

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

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

Key administrators, physicians and emergency response managers meet daily in UMMC’s incident command center.
Dr. Alan Jones, left, the Medical Center’s clinical response leader, and Dr. Jonathan Wilson, incident manager, are key leaders in UMMC’s COVID-19 response.

Leading the charge: Jones, Wilson help steer COVID-19 command team

BY RUTH CUMMINS

As Mississippi continues to grapple with the COVID-19 pandemic, a prominent emergency medicine physician is teaming with a key administrator and emergency operations veteran to help lead the response at the University of Mississippi Medical Center.

Dr. Alan Jones, professor and chair of the Department of Emergency Medicine, and Dr. Jonathan Wilson, the Medical Center’s chief administrative officer, are critical members of the incident command team leading UMMC’s operations to combat the highly contagious novel, or new, coronavirus.

The incident commander is Dr. LouAnn Woodward, vice chancellor for health affairs and dean of the School of Medicine. Jones serves as the clinical response leader, while Wilson is incident manager.

The three are top decision-makers on the strong COVID-19 response expected of academic medical centers. At UMMC, that includes innovations that are far from the norm during this pandemic: clinical research and trials on how to treat the disease, researchers’ creation of an in-house COVID-19 laboratory test and a pediatric anesthesiologist’s invention of an emergency-use ventilator.

Jones and Wilson are drawing on their combined expertise in handling large-scale emergencies to shepherd operations to address a pandemic that will affect Mississippi for months to come. Whether it’s coordinating COVID-19 testing in the state’s rural corners or making sure patients in the UMMC neighborhood and beyond get the care they need, the two are leading the charge in exhaustive planning and implementation.

“By virtue of the training we’ve had and what we do every day, we are used to preparation and scaling for the surge of patients, and for appropriate utilization of resources,” said Jones, a Millsaps College graduate who today lives near the Northeast Jackson home of his parents, Edward and Lynn Jones.

“I’ve lived through several incidents – tornadoes, a pedestrian bridge collapse at a NASCAR race, plane crashes,” Jones said. “I’ve had the opportunity to be involved in mass casualty events and to understand the process.”

Jones is a 1999 graduate of the University of Mississippi School of Medicine. He completed a residency in emergency medicine, followed by a clinical trials research fellowship, at Carolinas Medical Center in Charlotte, North Carolina. He also holds a Master of Public Health degree from the University of North Carolina-Chapel Hill.

Jones joined the UMMC emergency medicine faculty in 2011 and has served as Department of Emergency Medicine chair since 2013. His research interests include sepsis, life-threatening infections and critical care.

Wilson was appointed chief administrative officer in 2014 and previously served as director of emergency services. He received his master of...
science in nursing in 2011 and earned a doctor of philosophy degree in 2017 at the University of Mississippi School of Graduate Studies in the Health Sciences.

His research interests are civilian disaster health care response systems, pre-hospital care and aeromedical transport.

Jones and Wilson take part in regular tabletop exercises that simulate how the hospital will scale up its emergency response and manage a higher patient load during a disaster. The Medical Center also has regular drills for scenarios ranging from a campus shooting to a large-scale fire.

Such experiences “have helped me to think quickly on my feet and to rapidly recognize high-risk areas that need immediate attention,” Jones said. “It has helped me to prioritize work to make sure we have a tiered approach to planning.”

Ironically, Wilson said, UMMC in late January was scheduled to take part in a tabletop drill with the leadership of the Mississippi State Department of Health. The exercise had been scheduled since summer 2019.

The scenario: a pandemic.

“About halfway through the drill, we said: ‘Why don’t we shift this from hypothetical to actual?’” Wilson said. “We quickly changed gears and started our own planning process. We activated the Medical Center’s incident plan, and formally started tracking the virus and trying to learn about the enemy.”

Jones and Wilson, along with the incident command, watched as the virus moved from the Korean peninsula to Iran. “When it moved into Italy, that was the first impression we had of how a similar health care system would deal with this particular disease,” he said of those days in mid- to late February.

As the Centers for Disease Control and Prevention and the World Health Organization issued guidelines – and revised them – the Medical Center tailored its response.

Jones, Wilson and other leadership team members took critical steps to keep both patients and hospital staff safe. That included making sure front-line clinical staff were prepared for a rush of patients and adept at using personal protective equipment, or PPE, such as face masks, face shields, gowns and gloves.

They took part in formulation of policies that required students and employees who traveled over spring break to quarantine for two weeks. They worked with the Medical Center’s infectious diseases team to create procedures for screening patients for the virus and keeping tabs on how many negative pressure rooms, designed to keep contaminated air from escaping, were available for COVID-19 patients.

They prepared the best they could to be ready for anything, and to remain steadfast in accomplishing their goals for caring for the sickest of the sick, and continuing a robust statewide response.

As large cities throughout the country were overwhelmed with seriously ill and dying COVID-19 patients, UMMC focused on its readiness. Jones and Wilson worked long hours, and although their days are often shorter now, they still maintain around-the-clock vigilance.

“They have to lead by example. You can’t ask or expect people to contribute in a way that is different without being right there alongside them,”
Around the U

Jones said. “It’s important to acknowledge that exhaustion is real, and that people need breaks.”

Like most front-line staff, the two have made many sacrifices since January. “My family has been extraordinarily understanding and accommodating during this time,” Jones said of wife Reagan and sons Blake, 15, and Ben, 13.

His children are students at Jackson Academy; Jones is a member of the school booster club and has recorded podcasts for the Jackson Academy family to give them valid and honest information about the pandemic.

“I’m just a normal person whose happens to have a job that has been ramped up at this time,” Jones said. “I’m fortunate that I didn’t lose my job, and that I’m able to contribute in a meaningful way to prepare our state for the virus.”

“The lion’s share of me being able to function professionally is all due to my wife taking care of everything on the home front – our little girl, and all the day-to-day things that I can’t focus on. She is my rock,” said Wilson, a Brandon resident. He and wife Cristy are parents to Ella Grace, who is about to turn 2.

Ella Grace is asleep when Wilson leaves for work, “but I try to find time during the day to FaceTime or video chat with her,” he said. “Being home with my family is my way of recharging, but I haven’t had a lot of time for any hobbies.”

Just as their families hold them up, their UMMC family has given them strength.

“We’ve got a core team of leaders who are very strong, and our Mississippi Center for Emergency Services has some of the best people in the country,” Wilson said.

Jones and Wilson are committed, just as they were in the first weeks of the Medical Center’s response, to being as transparent as possible about the processes, policies and preparation for the pandemic.

“One of the fears associated with new events is the unknown,” Jones said. “We were able to commu-
Around the U

THE MURMUR WANTS TO HEAR FROM YOU!
IF YOU HAVE A PERSONAL ESSAY
CONTACT JFBOBO@UMC.EDU AND
LET'S TALK ABOUT IT

Student

Stories
Around the U

AOA INITIATION BANQUET

Photos courtesy of UMMC Public Affairs
“It is the duty of members to foster the scientific and philosophical features of the medical profession, to look beyond self to the welfare of the profession and of the public, to cultivate social mindedness, as well as individualistic attitude toward responsibilities, to show respect for colleagues, especially for elders and teachers, to foster research and in all ways to ennoble the profession of medicine and advance it in public opinion. It is equally a duty to avoid that which is unworthy, including the commercial spirit and all practices injurious to the welfare of patients, the public, or the profession.”

William Webster Root, M.D., Founder, Alpha Omega Alpha

AOA INITIATION BANQUET

Initiation Banquet

Alpha Chapter of Mississippi University of Mississippi School of Medicine

March 12, 2020 The Fairview Inn Jackson, Mississippi

Class of 2020 Initiates
Kandice Cassie Bailey
Robert Steven Blanding
Meghan Lynn Case
Caroline Alissa Maggiori
Victoria Cabaret Belfarfareh
Kathryn Howard Palter
Eric Leigh Oyer
Katherine Lauren Harrell
Sean Michael Hines

Class of 2021 Initiates
Graham Austin Robs
Reid Alan Clifton
Sebastian David Galistue
Kelly Gray Still

2020 Resident Initiates
Wade O. Christopher, M.D.
Steven A. Curti, M.D.

2020 Faculty Teacher of the Year
Zeb K. Harmon, M.D.
Associate Professor of Medicine

Members
Hannah Roberts Badon – Chapter President
Jordan Alexander BMW – Vice President
David Byrne Bull
James Blakely Littlejohn
Samuel Jeffrey Mount

Faculty Counselor
Scott M. Rodgers, M.D.
Chair of Psychiatry Department

Program of Events

Social .............................................................. 5:30 p.m.
Welcome & Invocation .................................. Dr. Scott Rodgers
Faculty Counselor
Hannah Badon – Chapter President

Dinner .................................................................. 6:00 p.m.
Presentation of Awards ................................. Resident Teacher of the Year
David Doll – Faculty Teacher of the Year

Introduction of Speaker .................................. Zack Watson
Keynote Address .................................. Richard Wintreby, M.D., Ph.D., FACP, FACP
Professor of Medicine

Presentation of Initiates .................................. Jordan Rimes – Vice President
Closing ......................................................... Dr. Scott Rodgers

The Murmur | ISSUE FIVE 2019-2020 17
Around the U

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

After years of medical training, you now hold an offer for employment. Before signing on the dotted line, it would behoove you to have a healthcare attorney review your contract. Unfortunately, hiring a healthcare attorney is an expense you may not have considered.

To ease that burden, Medical Assurance Company of Mississippi now has a program to provide a review of employment contracts — at no charge — for resident physicians at the University of Mississippi Medical Center. The employment contract initiative — a $500 value — is limited to one review per resident.

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

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

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

MACM is the leading provider of medical professional liability insurance for physicians living and practicing in Mississippi.
The Curbside Collection

All the best places to order takeout, many of them offering curbside service. The social may be distant but the feast sure isn’t!

Elvie’s - photo courtesy of Huter Evans
**Talk of the Town**

**THE CURBSIDE COLLECTION**

*by John Bobo and the Group Text*

**The best eats for your quarantine**

with some quality recs and a good number for ordering

---

**Pig and Pint**
the bacon melt (omg it’s the bomb), disco fries, ribs
601 326 6070

**Elvie’s**
check the insta (@elviesrestaurant). Otherwise: DUCK FAT FRENCH FRIES!
601 863 8828

**Saltine**
their po boys are fire, catch their monday ramen or their weekend brunch
601 982 2899

**Green Ghost Tacos**
tacos tacos tacos! $2 tacos on tues, (p.s. ask for verde salsa if that’s your thing)
601 487 6082

**Babalu**
roasted chicken tacos, the baba burger, $4 babarita mix (just add tequila)
601 366 5757

**Crawdad Hole**
hummus and lamb plate, aladdin sampler for 2 (or 1, no judge)
601 366 6033

**Wingstop on State Street**
raise your classic cajuns (with fries) in the air for no-contact delivery!
601 969 6400

---

**Picantes**
there’s a thing called “pollo carley” and it was sent from heaven, also curbside margs!
601 398 1344

**Krilakis**
“lamb + chicken gyro, any of the salads, burger, badass fries” -Dr. Matthew Alias
601 790 9463

**Thai Tasty**
“chicken pad thai (thai hot), chicken fried rice (thai hot)” -Katie Brown, MD
601 540 2534

**EDO**
“volcano roll is dank” -Dr. Will Dungan
601 899 8518

**Aplos**
“mezza sampler: try the grape leaves, cheese rolls, and cauliflower” -Dr. MM Hitt
601 714 8989

**Amerigo**
“goat cheese + penne w/ chicken + extra goat cheese is “kisses fingers”” -Katie
“cheese fritters are a must” -Dr. Kelsey Berry, pediatrician to the stars
601 977 0563

**Fine & Dandy**
their grandma chick sandwich made the list for best chicken sandwich in america
by the daily meal... remember when chicken sandwich wars were a pressing national
issue? [sigh]
601 202 5050

**Sophomore Spanish Club**
drive thru hot meal pick up with a menu that changes daily, drive thru grocery store
for all your pantry and household needs (seriously, their online grocery will blow
your mind)
601 203 3333
Need to Know

Advice, Recs, and Fun Stuff from the Outside
**A SIMPLE FAVOR**

★★★★

If you liked that fad when novel-turned-feature film thrillers like Gone Girl and The Girl on the Train were trending, then head on over to the theater because this movie is for you.

This movie isn’t lacking in its star power, with Anna Kendrick continuing her success in everything she does, Henry Golding fresh off his tremendous success as dreamy boyfriend and star of Crazy Rich Asians, and Blake Lively finally making a hit for once since her days of Gossip Girl. The two female leads play mismatched best friends who bond after their sons become friends.

The seemingly cheery plot takes an unexpected, pivotal turn to the dark side when the mysterious, rich HBIC Emily (Blake Lively) asks a “simple favor” of her BFF Stephanie (Anna Kendrick), an innocent, doe-eyed single mother and mommy blogger who can do no wrong, to pick up her son from school…except she pulls a Serena van der Woodsen and doesn’t return. The movie follows Stephanie and Emily’s husband Sean (Henry Golding) uncovering deep, dark secrets of who Emily really was as they attempt to find out what really happened to her.

To sum up this movie in one line: It’s Gone Girl…with humor. Disclaimer: Shelby Sattler came up with that, but I couldn’t have said it better myself.

CRITIC’S CORNER

A REVIEW BY SHANU

If you thought Anna Kendrick surely would not bring those zany traits of peculiarity, sincerity, and quirkiness you’re accustomed to seeing her play in her typical family-friendly romantic comedies to a mysterious thriller, don’t be fooled. She’s still herself, and those behaviors are what brings oddy placed, midsize episodes of comic relief in an otherwise dark, unsettling, and odd film. However, this movie gave me the impression that it was trying too hard to make some convoluted story work that seemed like it was being fabricated as it progressed as each secret and plot twist is unraveled in which the viewers could not have possibly guessed, and it should have stopped trying about 30 minutes before it finally ended. It was like there was so much plot that there wasn’t a clear plot. So, if you were planning on pretending to be the Sherlock Holmes and predicting the plot, think again. Just sit back and enjoy the 2.5 hours of fashion queen Blake Lively confidently pulling off menswear and Anna Kendrick being her eccentric self like you’ve seen while solving mysteries unlike you’ve seen.

Don’t get me wrong, it was entertaining enough for at least a one time viewing. But when deciding whether to spend the big bucks for tickets and concessions or rent later, I’d say you can definitely wait to stream this one in the comfort of your PJs while eating microwave popcorn.

To sum up this movie in one line: It’s Gone Girl…with humor. Disclaimer: Shelby Sattler came up with that, but I couldn’t have said it better myself.

RECENT RESIDENT READS

**SABRINA AND CORINA: STORIES | BY KALI FAJARDO-ASTINE**

Warning—these were some of the best short stories I’ve ever read. I was captivated in the first page, was laughing by the end of the first story, and went through all the other emotions by the end. This book exploring the lives and identities of Latina women of indigenous descent around Denver, Colorado is deep in its arching themes but even more profound in its beautiful sentences. In its pages I found new questions to ask and old answers I didn’t know, made new friends, and found myself thinking about the stories and its characters for months. A finalist for the 2019 National Book Award and The Story Prize, Sabrina & Corina is phenomenal and well-loved; read this book!

A message from Kali for staff at UMMC:

“My first story publication was in 2010. The story, “Remedies,” focuses, in part, on healing and cultural acts of medicine in the Southwest. I hadn’t had much luck placing it. Rejections piled into my email inbox, but I felt certain someday the story could find a home. Then I came across “Bellevue Literary Review” out of Bellevue Medical Center in New York City. Their mission statement was wide-ranging and inclusive, explaining that the journal sought ‘fiction, nonfiction, and poetry to better understand the nuanced tensions that define our lives both in illness and in health.’ And so, while other journals had closed their doors to my short story of healing, it was the medical professionals who let me into literature, who gave me my first shot. I believe that all healers occupy a sacred space, a noble calling that is intricately linked to both death and life, and the long or short or medium dash in between. I am forever grateful to our healers, to those who have taken up this calling. Thank you from the bottom of my heart.”
We need to talk about Pop Tarts. They’re bad and you know it.

I lived in a Toaster Strudel household. My three sisters, brother and I would nearly tump the grocery cart over when we passed the frozen foods section of the Clarksdale Kroger. *Strawberry? Blueberry? Those ones with cream cheese in them!* We made a fuss. And the icing! Just the thought of those plump plastic bubbles of frosting gets my dopamine firing to this day. We’d cut them with our teeth, and if mom wasn’t looking, drag them between our clenched jaws for a 3 ounce shot of pure sucrose. Although the literature is mixed, the pediatric endocrinology guidelines don’t exactly endorse this practice.

And if our box didn’t have the appropriate amount of icing packets, or ya know, someone sucked a few down after soccer practice, one of us would have to fairly allocate the remaining icing so everyone had the appropriate strudel to icing ratio. In such a circumstance, you better believe we metered out that icing with the precision of a cocaine dealer at the end of his fiscal year.

On occasion, mom would come home with a different kind of box. This box wasn’t cold. It was dry and cube-ish and it hurt my heart a little. She got the Pop Tarts.

I don’t mean to be dramatic. My family survived that incident, aside from some mild emotional trauma on my part. But on that day I drew the line and knew the P-Tart was not for me. This has nothing to do with snobbery, and everything to do with the horrible corruption of the pastry sciences, an alchemy that has been in practice for thousands of years—giving us flaky croissants, ethereal cakes, and airy chocolate chip cookies. All of this joyful chemistry is lost on the dead-inside Pop-Tart that tastes like a mixture of ground up horse hooves and chalk, filled with toothpaste. How many orphan foals are wandering alone in the wilderness because their poor mother was sold to Kellogg for a nickel? (An exposé for the next issue of The Murmur, coming to a newsstand near you!)

So I set out to make a better P-Tart. Why go to the trouble you ask? Well, when your grandma asks if you want some of her homemade cookies, do you respond, “no thanks grandma! These brick hard Chips Ahoy’s not only are good for paving the driveway! They also are my favorite for eating”?

I didn’t think so.

Not only has this recipe redeemed a terrible thing—they were freaking amazing. I got the recipe from Food52.com and modified as I went. Also I filled half of them with Nutella because it was the right thing to do. Don’t be scared of making your own dough. It’s a simple pie crust that doesn’t require any rising, or praying to the sun, or other time consuming baking rituals. Your efforts will give you a flaky and buttery crust that simultaneously has texture and melts in your mouth. If you don’t have a food processor or really don’t want to fool with homemade dough, buy those sheets of frozen Pillsbury pie crust. Either way these are a relatively easy way to look like a baking pro. Share them with your friends, and keep a few in your freezer for a rainy day.

Enjoy.
Homemade Pop Tarts

Makes 8

1 Place the flour, butter, sugar, and salt in a food processor and pulse a couple of times until the butter is pea-sized. Add the egg and pulse again until the dough starts to come together; if necessary, add a little ice water so that the dough coheres. Bring the dough together with your hands and knead it a couple of times until it’s smooth. Wrap it in plastic and chill it for half an hour.

2 Once it has chilled, divide the dough in two balls and roll out each part out as thinly as possible. Cut each piece of dough into eight rectangles, about 3 x 4 inches in size. You may have to re-roll the scraps to get the eight, but it should work. Place eight of the rectangles on a baking sheet and add a heaping teaspoon of jam or the filling of your choice to the center of each. Place one of the other rectangles over each filling-topped pastry and press down to seal the edges. Use a fork to get a pretty pattern on the sides, then prick a few holes in each pastry so that the steam can escape.

3 Place the pastries in the freezer until they’re firm. Meanwhile, preheat the oven to 350° F. When you’re ready to bake, brush the pastries with a little beaten egg or milk and put them in the oven for 20 to 25 minutes, until golden brown.

4 Remove to a wire rack to cool. If you want to eat them like a real Pop Tart, enjoy them straight from the ovens, while the filling is so hot that it burns your mouth. Or, leave them to cool a little while you make the glaze by mixing together the powdered sugar and a little hot water or milk until you have a dollop-able consistency. Spread the pastries with the glaze and top with colorful sprinkles.

Recipe from Food52.com

For the Pastries

<table>
<thead>
<tr>
<th>All-purpose flour</th>
<th>1 1/2 cups</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sugar</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Salt</td>
<td>1 pinch</td>
</tr>
<tr>
<td>Unsalted butter, cold and cubed</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Cold egg beaten</td>
<td>1</td>
</tr>
<tr>
<td>Cold water (optional)</td>
<td>1 TBS</td>
</tr>
<tr>
<td>Jam or Nutella</td>
<td>8 TBS</td>
</tr>
<tr>
<td>Milk or beaten egg, for brushing top of pastries</td>
<td>2 TBS</td>
</tr>
</tbody>
</table>

Topping

| Powdered sugar | 1 cup |
| Hot water or milk | 2 tsp |
| Sprinkles to decorate | |