STUDENTS VS COVID
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. Ditto for the dad 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 the 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.”

Now I can... be a family man

“Don’t let me die. I’ve got a baby on the way.”
Mikayla Johnson, left, M1, and Danielle Block, M3, both of whom are enrolled in the Disaster Management Course for students, help assemble COVID-19 test kits May 1 at the Medical Center.

Photos courtesy of UMMC
Even in the smallest of ways, find how you can take control of your personal environment and circumstances. If we focus globally on what is going on, then we feel overwhelmed by how things are out of control and unpredictable. This distress then begins to leak into our personal environment, and now all of a sudden our global environment and our personal environment are out of control. Of those two environments, you have the most control over what is in front of you. Therefore, the best thing you can do is regroup, focus on your personal environment, and find ways to take back control of your time, your activities, and your self-care. Even in the smallest of ways.

I am a huge proponent of self-care. And you have to start with the biological basics—nutrition, physical activity, and sleep. We all have a new, higher baseline of anxiety/stress due to the disruption caused by the pandemic. So yes, normal stressors of life have been exacerbated and things are much more difficult to do. But that is not where the focus needs to be because changing that is out of your control. What is in your control is your response to these stressors and managing your new baseline of anxiety. To address chronic stressors you have to have chronic coping behaviors. And that includes healthy eating habits, regular physical activity, and good sleep hygiene, as well as a host of other coping behaviors, including socialization, spiritual health, emotional expression, leisure activities, etc.

None of these coping behaviors are going to “fix” the stressors in your life but they will equip and prepare you to persevere and effectively manage the stress in your life.

I speak to my patients frequently about finding opportunities to evolve. I am not a big fan of defining experiences in life as good vs bad or positive vs negative. I think if we get caught up in labeling experiences then we try to only seek out good/positive experiences and do everything we can to avoid bad/negative experiences. When we are unsuccessful with this pursuit then we feel frustrated, hopeless, and disappointed because we quickly find out life just does not work that way. Yes, experiences can be unpleasant and distressing but that does not mean they are not of value and provide us with opportunities to evolve and develop. It is less about the experience and more about what you gain from it. This pandemic is no different. Instead of focusing on everything that this pandemic has taken away from you, how can you evolve into a

**WHAT ADVICE DO YOU HAVE FOR STUDENTS STRUGGLING TO EMOTIONALLY COPE WITH SUCH AN UNPRECEDENTED EXPERIENCE, WHEN THINGS SEEM OUT OF CONTROL?**

Control—that is the key word. We humans love to have things under control, predictable, and certain. Anxiety, frustration, helplessness, fear, and depression creep in when we feel things are out of control, unpredictable, and uncertain. And there’s nothing like a pandemic to make us all feel things are out of control, especially when it impacts our day-to-day functioning, academics, career, relationships, and valued activities. So the first thing you can do is simply take back control.
better person because of it? What is something new about yourself that you can discover during this time that no other experience would have uncovered? The goal is to see the pandemic as a challenge, not a threat. And when you can make it your purpose to seek out how you can evolve from this challenging experience, then you have the ability to successfully face any and all experiences in your life moving forward. Make it your purpose to evolve.

WHY IS IT IMPORTANT TO CARRY OUT ACTIVITIES OF DAILY LIVING (SLEEPING, COOKING, CLEANING, EXERCISING, ETC.) WHEN THERE’S A PANDEMIC GOING ON?

“You have heard the phrase many, many times over—”In these (insert your favorite word: unprecedented, unusual, challenging, unique) times...”. So why is it important to carry out your usual activities of daily living? Because there is nothing better than a healthy dose of normalcy and routine. Though we love spontaneity and surprises at times, humans thrive and function best when they have a sense of normalcy and routine. That is why you are never as productive as you think you will be during Spring Break. We all imagine we will get so much accomplished with all this free time during Spring Break. But when left to our own devices with no structure or organization in place, we end up spending hours rewatching The Office (which you probably did last Spring Break). During this pandemic time when our schedules, routines, and structures have all been disrupted, it is now more important than ever to maintain your usual activities of daily living. Again, this speaks back to feeling in control of your personal environment. There’s nothing that feels more productive then getting a load of laundry done, cooking a meal, or going for a run. When you can feel that each and every day by maintaining a schedule and routine that is normal for you, then you can feel in control and productive during a time that feels chaotic and uncertain.

WHERE DO RELATIONSHIPS FIT IN ALL OF THIS? WHAT DO WE DO TO STAY CONNECTED WHILE UPHOLDING SOCIAL DISTANCING?

Technology really has provided us with a means to maintain our relationships during this time. Could you imagine going through something like this in the 1990s (probably when most of you weren’t even born) when you could not be on your landline phone at the same time as your landline internet? And there definitely was not anything like Zoom or FaceTime or the hundreds of other social media platforms available. But I digress... Take advantage of what technology can do in terms of staying social connected. Research has shown that social isolation is just as much of a determinant to our health as smoking, poor diet, and sedentary lifestyle. Be creative in how you can maintain your relationships. Try out a new dinner recipe with a friend while you cook together virtually. Start a virtual book club. Exercise with a friend or family member on FaceTime. Whatever it takes, stay connected, whether it is a quick text or a virtual movie night with friends. Feeling supported and not alone are crucial in maintaining good physical and emotional health.

HOW DO WE KNOW IF IT’S TIME TO TALK TO SOMEONE, LIKE A THERAPIST AT THE STUDENT COUNSELING AND WELLNESS CENTER OR THE COVID-19 STRESS AND COPING HOTLINE?

Honestly, I think everyone would benefit from checking in with a therapist, even if it is just to see if you are doing everything you can to help you through this time. I have had many students with no significant distress or issues who have made appointments with me just to see if they are engaging in the best coping behaviors to manage the stress in their lives. So, I would say any time is a good time to talk with a therapist to get an outside perspective on your overall well-being. But if you are looking for a more specific answer, then I would say you need to call if you see a pattern of disruptions in your behaviors, thoughts, and emotions. If you are finding it more and more difficult to manage and overcome these disruptions then this could lead to problems like anxiety or depression. We all have bad days and are not at our best, but if you begin to see a trend of this then reach out to someone.

WEDDINGS, GRADUATIONS, AND TRIPS HAVE RESCHEDULED, CANCELLED, OR REORGANIZED. HOW CAN WE MAINTAIN PERSPECTIVE WHEN IMPORTANT EVENTS AND MILESTONES ARE THREATENED?

This is a tough one. For many of you, you lost that special day of celebrating your academic accomplishments or you had to modify or postpone your first day of married life. Funerals, reunions, trips, all have been cancelled, postponed, or modified. You have to acknowledge it for what it is and just say, “This sucks.” You need to grieve the loss of that day or event and hopefully find some way to celebrate the event in whatever way possible. But also take a step back and gain a broader perspective on really what is important. These events are not the accomplishment. Yes, the pandemic took away graduations and weddings and funerals but it did not take away the success of your academics and the promises of a marriage and the memories of loved ones. These events are the outward expressions of something that is much deeper and more profound that a pandemic cannot take away. So, find ways...
to celebrate that meaning because the event in of itself does not define those accomplishments.

PLACES ARE SLOWLY BEGINNING TO REOPEN. HOW CAN WE CONTROL ANXIETY ABOUT THE ILLNESS AFTER GOING BACK TO WORK?

I am going to circle back around and answer this question much in the same way I answered the first question. It is all about controlling your personal environment and defining your boundaries. There is much controversy about communities reopening and it is easy to feel stressed, confused, and fearful about these changes when there is still so many unknowns. Therefore, you need to shift your focus to what you have control over and what you are comfortable doing. As you feel more secure and in control of your personal environment, then begin to think about what it would look like to gradually expand your boundaries. Find a pace that is comfortable for you. You are still in control of your boundaries and choices.

ANY OTHER ADVICE?

Don’t forget to be gracious with yourself. If you are not as productive because you are stuck at home all day every day, that is ok. If you eat a whole pizza plus cinnabons for breakfast, that is ok. If you wore your pajamas all day long and then probably the next day and then maybe for the rest of the week, that is ok. You do not have to be a model of health every single day during this pandemic. Now, if you start to see a pattern or trend of these behaviors and they become a lifestyle rather than moments in time, then that would be a sign to call a therapist for help. But for the most part, give yourself some grace, some flexibility, and some forgiveness. As we are reminded, these are unprecedented times...

THE STUDENT COUNSELING AND WELLNESS CENTER IS A CONFIDENTIAL RESOURCE PROVIDED AT NO CHARGE TO UMMC STUDENTS THAT IS STILL AVAILABLE DURING THIS QUARANTINE. IT IS OPERATED BY A STAFF PSYCHOLOGIST AND PSYCHIATRIST WHO ARE NOT INVOLVED IN THE TRAINING OR EVALUATION OR PROMOTION OF ANY MEDICAL STUDENTS.

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As Ambika Srivastava helped administer a COVID-19 swab test at the Mississippi State Fairgrounds recently, she was struck by the assortment of people seated behind a long line of steering wheels.

“It was everyone, from young to old, from people in nicer cars to those driving cars I thought we would have to push off the fairgrounds,” said Srivastava of Meridian, a fourth-year dental student at the University of Mississippi Medical Center.

Other than their health worries, though, they had a common bond, she said: Gratitude. “They all said, ‘Thank you.’ I even heard, ‘Thank you for your service’ – words I had never heard spoken to anyone other than people in the military.”

Soon enough, UMMC was thanking the students for their service as well, in a way whose reach and timeliness may only be possible at an academic medical center: by offering them classroom credit for hours they had already piled up as volunteers in the anti-pandemic campaign.

The upshot is the Disaster Management Course for students, an effort that “highlights the students’ energy, Dr. LouAnn Woodward’s thoughtful leadership and the ability of our faculty to pull a rabbit out of a hat,” said Dr. Ralph Didlake, associate vice chancellor for academic affairs and chief academic officer.

It was Woodward, vice chancellor for health affairs and dean of the School of Medicine, who wanted to know if this could be done after she learned what the students had done.

Many of these students, from various campus schools, had carried out swab testing for the public and UMMC employees at the fairgrounds in Jackson; made swabs themselves; collected and constructed protective masks; staffed telehealth operations; volunteered at Mississippi MED-COM, the statewide emergency communications clearinghouse; handled the infection prevention hotline; and helped set up the acute respiratory field clinic in Parking Garage B.

So Didlake took Woodward’s question to his “go-to” person for performing innovative feats of curriculum magic: Dr. Elizabeth Franklin.

“This is one of those thousands of situations where we had to do something different because of this pandemic,” said Franklin, associate professor in the Doctor of Health Administration Program in the School of Health Related Professions, “and we consider it an honor to work on it.

In other words, the buck did not stop there; in a flurry of focused cooperation, it was passed from hand to hand, and back, and Dr. Cynthia Casey’s grasp was one of the firmest.

Franklin knew that Casey, associate professor and chair of the Depart-
Around the U

Erin McDevitt, an M1 enrolled in the Disaster Management Course for students, assembles a COVID-19 test kit May 1 at the Medical Center.

Taking on testing duties, pre- and post-, was Carley Dear, director of assessment in the Office of Academic Affairs, who was tapped by Dr. Mitzi Norris, executive director for academic effectiveness in the Office of Academic Affairs.

“The students’ response to the totality of the COVID disaster prompted this course,” said Norris, who is the academic administrator for the curriculum. “This is something they can carry forward into their careers, but I hope they won’t have to get into another situation like this in their lifetime.”

They have met this one head-on: While the course practicum, or practical application, features 36 hours of approved volunteer work, many of the students met this requirement several times over, even before their Disaster Management Course commenced.

And it did commence – in what must have been record time. Over the mid-March spring break, the course framework materialized in about four days, Franklin said. To prepare an academic course, she said, you usually have a semester, she said; that is, four or five months.

Still, this was a “ground-breaking” opportunity to create an all-schools-on-deck interprofessional academic course, Franklin said. Students from all seven campus schools signed up.

“We have tried and tried to figure out how to do that before,” Franklin said. “This time we did, because we had to do it quickly.” But they needed help.

“That’s the unique thing about UMMC,” Franklin said. “Somewhere on campus you will find an expert on just about anything. As long as you know somebody, you are going to get help.”

Help came from Dr. David Fowler, chief institutional research officer, who developed a mechanism to track volunteer hours. Heidi Shoemake and Elizabeth Jacobs in the Division of Information Services coped with course management.

In the Student Records and Registrar’s Office, Emily Cole, Christi Hardy, and Lauren Nichols have emerged as the gurus for transcription guidance.

Rounding up a volunteer registration and assignment process, said Didlake, were “the Energizer bunny,” aka, Ezekiel Gonzales-Fernandez, an M.D./Ph.D. candidate; and Dr. Jerry Clark, chief student affairs officer and associate dean for student affairs in the School of Medicine. Among the task-takers is Nick Roy, a third-year medical student from Moss Point.

“Students, including medical students, don’t like to sit around doing nothing,” Roy said.

When on-campus classes were cancelled in deference to social distancing, there was a lull for the students that lasted only as long as it took them to step up and raise their hands for deployment in the virus war.

“This is kind of a crash course in something totally unexpected,” Roy said. “But it’s been a big learning experience. We learn how to work as a team. We learn how to deal with patients in times of crisis.

“This has taught physicians that, even in such times, we have to do our jobs and adapt. It also humbled me in a lot of ways. People in the health sciences have been able to see that everyone can make a difference.
“If you do your part, along with the efforts of others, you can help so many people.”

Roy is one of the 138 enrolled students who have done just that. Those who finish the course before the end of July—nine have so far—earn two hours of academic credit, at their own pace, and at no financial cost to them.

“Our students in all schools are smart and committed, and they saw this not only as an opportunity to make a difference, but also as a duty to serve,” Didlake said. “It speaks very loudly about the character of our student body, and the character of our faculty.

“But this is not just about giving students credit for volunteer work. This course has real academic rigor. They have core readings, quizzes and exams.

“They have to learn the content for four different FEMA certifications. They have to write a piece where they reflect on their experience.”

Srivastava, the dental student, has certainly been reflecting as she heads toward graduation isolated from those who mean the most to her.

“I can’t wait to see my parents in a non-COVID world,” she said. “I haven’t been able to hug them for six weeks. That’s the hardest part. And sometimes I feel like I’m one misstep from contracting the virus.

“But I started doing this work because there is a need. And it’s been good to know that people value what we’re doing, especially when they see us working day in and day out.

“I sure hope we don’t have another pandemic. But this is about all national disasters as well. Floods, earthquakes—those are things that happen more often, and this course is applicable to those disasters as well.

“This helps me be prepared for whatever is next. Because something else will happen. I just hope it won’t be often.”

Didlake

Student

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LET’S TALK ABOUT IT

Stories
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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 Hutter 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)
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**
crawfish duh
601 982 9299

**Aladdin**
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

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**Picantes**
there’s a thing called “pollo carley” and it was sent from heaven, also curbside marg!
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**
“mezze sampler: try the grape leaves, cheese rolls, and cauliflower” -Dr. MM Hirn
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
Talk of the Town

We pick a topic and ask two readers to make a case for why their pick is the best.

Best Burger

Sean Himel, 3rd year, School of Medicine
The Super Burger at Stamp’s

What makes a burger good? There are so many ways to tackle that question, but the most important being how eating one makes you feel. After all, Maya Angelou helps us understand that while we will forget what is said about something and what something did for us, we will never forget how it made us feel. A burger that tastes good is much different than one that can melt a bad day away.

There are a few solid burger joints in the Jackson area, but only one gives you the authentic environment and soul food contentment that can set your mind at ease while sending your taste buds straight into euphoria. Stamp’s Burgers. It may not look like much, being nestled into a West Jackson neighborhood near Jackson State, but what it lacks in outward appearance, it more than makes up for in hospitality and taste. The crowning jewel of Stamps is the “Super Burger”—a massive half-pound burger that is hand crafted, seasoned, and dressed right in front of you, and if you know what’s up is always served with a side of freshly hand cut Cajun fries. You don’t really have a choice to not see it all being handcrafted in front of you because the physical building is an old shotgun style home complete with a sagging roof, an old grill with “flavor,” a hand operated potato slicer, and the most hospitable group of Jackson natives you could hope to find.

While there are much nicer places in the area to eat a burger, you don’t need a well-scrubbed white and red-checkered fine dining atmosphere to enjoy the best burger in the city. There are a lot of die hard fans of the burgers at Lou’s Full Serve, which on first thought is not that place I think of when it comes to finding a unique burger that will blow your taste buds away. But who am I to knock something before I try it? So I went to Lou’s for dinner one day, and my waiter said he had just moved to the area from Omaha, Nebraska. Interestingly enough, the waiter said that Stamps was one of the two restaurants that he was told to try when he came to MS—you don’t get that type of cross country notoriety by just being tasty. You get it from making people feel authentic contentment deep in their soul. I have to give it to Lou’s, they have a pretty good burger, but it is certainly no Super Burger Combo from Stamp’s, which gives your taste buds a whole new outlook on burgers and for only $8.94.

Tony Tang, 3rd year, School of Medicine
The No. 7 Burger at Lou’s Full Serve

We are in the middle of a food revolution, and in the center of the revolution is the burger! Restaurants everywhere continue to contort the traditional ingredients in search for the perfect balance between comfort food and fine dining. When you can get a $1 burger anywhere, why spend more? To answer that question, look no further than Lou’s Full Serve. Hands down, the No7 stands alone at the top for best burger in Jackson. Here’s why.

This burger starts off with a perfectly griddled brioche bun, which is topped with caramelized red onions, grilled green tomatoes, and two giant strips of hand made candied bacon. Not enough bacon, you say? Don’t worry. Lou’s has you covered with its house tomato-bacon aioli. While everything so far might already sound exceptional, these components are just minnows of the monster of a patty that barely fits on the bun. The quality of the grass fed beef used shines through every time—I wonder if they even have to season it.

When it finally comes out, you just stare, wondering how to tackle this beast of a burger. Your first bite has an 85% chance of bringing you to tears. Good luck being satisfied by any other burger joint! If you can make it to the Cajun wedge fries, all the more power to you. In my opinion, we can all make a pretty decent burger at home, so if you go out for a burger, make it an experience. Go to Lou’s!
NEED TO KNOW

Advice, Recs, and Fun Stuff from the Outside

WHAT?
The Greatest Showman

Though this movie is three years old, I believe I found it at the right time in my life. Whether this is a movie that slipped by you the past few years or whether it’s time for a rewatch, here’s what I love about this film:

The film follows PT Barnum’s inspirational story (with artistic licensing) in rising up from a homeless orphan to building the “Greatest Show” that we now know as Barnum and Bailey Circus. Though it is set in the 1800s, its motifs of economic disparities, discrimination, perseverance, friendship, family, authenticity, and love are still present and relatable today. Watching the protagonist gather “misfits” and “freaks”, who were forced into hiding from the rest of society, and pushed them to center stage to be reveled is a reminder to celebrate everyone’s differences rather than to be threatened by them. It’s about where you go.

Benj Pasek and Justin Paul (La La Land, Dear Evan Hansen) always capture my ears. This dynamic duo has a way with storytelling that make their musical insertions seem like a vital emphasis and necessary development of emotions and a natural contribution and continuation of the story as opposed to an annoying aside or trivial tête-à-tête designed to display the all-star casts’ talents. Their poignant songs are full of optimism and hope, and the brilliance of the music is that their messages can be removed from the context of the film to resonate with people’s real lives. Listen to “Rewrite the Stars” and “This is Me.”

Get ready for 1 hour and 46 minutes of dazzling designs, captivating choreography, magnificent melodies, and motivational messages to remind you that we can rise up from and endure through the most difficult of unanticipated hardships by lifting each other up with love and friendship.

APEIROGON

A fascinating, brainy work full of symbolism and fiction mixed with nonfiction and fact, Apeirogon is in the running for best book of 2020 already. Generally revolving around the stories of two men, one Israeli and the other Palestinian, the novel circles and reflects on their connection after each loses his daughter to police brutality and a suicide bombing, respectively. While their stories remain central, the novel transcends and comes to comment on politics, violence, art, wildlife, friendship, loss, grief and humanity and its impact on the nature of beauty around us. It really does have it all, yet remains intensely and wonderfully readable. 5/5 awestruck stars from me.

Colum McCann is an internationally renowned author of 3 short story collections and 6 best-selling novels, the most well-known being “Let the Great World Spin,” winner of the 2009 National Book Award.

By SHANU MOORTHY AND JOYCE
4th year | Medicine

By JOHN CALEB GRENN, MD
Med/Peds PGY 3

4th year | Medicine
When we think secret investigations, classified information, private eyes, and the unraveling of a mystery, our minds drift toward cryptic words that we see on the news during criminal investigations and counter terrorism efforts such as “FBI… CIA… NSA.” Nobody imagines Celine. Oh Celine... the enchanting and magnetic protagonist, born into a life of deep rooted east coast wealth, urged at a young age to study art, literature, and may I daresay… the art of entertaining, since these were sensible things someone of her status assumed. Yet, the life of summering in Nantucket, elite boarding schools, and aristocratic secrecy creates an inner restlessness, especially when an unexpected teenage pregnancy leaves her with a leviathan of guilt and sends her searching for the things in life that people lost or simply let go of. As the story begins, she finds herself living in Brooklyn with her dedicated husband Pete (who happens to be an excellent chef- just wait for the food descriptions this book entails- my mouth waters), with a lifetime of highly sought after private investigative work (even the FBI can’t execute with Celine’s precision- don’t worry, they know and want her expertise), either because nothing quite suited her sense of living outside the lines, or perhaps reconciling the loss she bears following the events of her teenage dalliance. Her life as a PI has primarily been dedicated to reuniting adopted children with their biological parents. Today at 68 years old, she is faced with a unique investigation: the search for a missing National Geographic photographer, the father of Gabriela, who comes to Celine looking for answers 20 years after his “assumed death” while working on a project assignment at Yellowstone National Park. No one really knows what happened to him. While various reports say different things, Gabriella wants truth and Celine has a soft spot for such matters.

Peter Heller invites us into Celine’s world and allows us to explore her sense of loss, redemption, and family, and even slight dolor when you least expect it. As she and Pete make their journey to solve this cold case investigation at Yellowstone, they quickly realize someone doesn’t want this story told. Stay tuned for the excitement and the humor lying beneath. However, if you pay attention, the mystification and complexity behind Celine begins to unfold half way between Montana and Wyoming state lines.

Peter Heller creates a delicate balance of maintaining Celine’s enigmatic overtones yet dives deep enough to allow us to gain a sense that we’ve known her our entire lives. Peter Heller does it again- with delightful descriptions, and plot so lovely and laced together, you will want Celine to jump out of the page and take you to lunch. The best part? It’s now in paperback, so take it to the beach or the pool for that well-deserved study break!