“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. 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 him 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.”

Nationally recognized for expertise in rehabilitation medicine after a stroke, spinal cord injury, brain injury or amputation.

For more information, visit methodistonline.org or call 601-364-3434 or toll-free 1-800-223-6672, ext. 3434.

Now I can...

be a family man

The Outlets of Mississippi thanks the doctors, nurses, and the entire teams at UMMC for your compassion and hard work.
Around the U

Everything that’s going on at UMMC

photos courtesy of UMMC Public Affairs
Around the U

This article originally ran online in UMC’s eCV on June 1, 2020. Read more at umc.edu/News

As COVID-19 numbers grow, so does creative patient placement

BY RUTH CUMMINS

When the University of Mississippi Medical Center hits a new daily high on hospitalizations of confirmed and suspected COVID-19 patients, it’s a constant reminder of the complexities that go far beyond practicing medicine in a pandemic.

Hospital leaders are juggling how to dedicate space, resources and staffing to those patients simultaneously with meeting the needs of all who need care, no matter their disease or injury. It’s a balancing act, and not unusual for a hospital that typically operates at capacity.

But what makes this different is how the highly contagious and sometimes deadly virus affects the placement of patients, both those with COVID-19 and those who don’t. All told, there are 697 licensed beds spread between the four hospitals on the Jackson campus, with another 142 at UMMC Grenada and 25 at UMMC Holmes County.

“We are having to use different tactics around COVID-19 because of the special considerations with that patient population,” said Jason Zimmerman, associate chief nursing officer for adult nursing services.

The challenge is “how to balance our COVID-19 patient demands with the non-COVID, everyday operational demands,” said Dr. Jonathan Wilson, UMMC’s chief administrative officer and COVID-19 response incident manager. “We’re the only Level I COVID-19 facility, but at the same time, we are Level I trauma, the state’s only transplant program, the state’s only children’s hospital. How do we balance that and manage capacity?

“We are running two different hospitals, COVID and non-COVID, at the same time, but in the same space,” he said. “And, folks at the bedside have been the heroes and done the yeoman’s role in getting great care to our patients. We’ve got to take care of them as well.”

Hospital leadership has both short-range and longer-range plans for managing capacity across the organization. Early on, they designated the medical and cardiovascular intensive care units and two sections of the second floor in University Hospital for COVID-19 patient care. Each ICU has 20 beds; 2 North and 2 South together have 64 beds.

About 15 to 20 percent of COVID-19 patients will spend time in the ICU at some point in their stay, Jones said. The rest receive care for conditions such as pneumonia resulting from the virus, in addition to chronic conditions that may have been exacerbated.

“The MICU has stayed full, and the CVICU has fluctuated,” Jones said. In keeping with that fluctuation, he said, one side of the CVICU is dedicated to COVID-19 patients, and the other to patients who don’t have the virus.

“As we move into needing beds on the non-COVID-19 side, then we move the non-COVID patients...
Managing capacity takes “the efforts of a whole lot of people – nursing and provider leadership, OR, our many support services, and the efforts of those on the front line,” Zimmerman said.

“You can never predict how many people will walk into the ERs. You can’t fully plan for that,” he said of the COVID-19 patient load. “But, you plan for what you can. You have to have a plan to accommodate the next person who comes through the door, whether that’s a transfer from a critical access hospital, a patient from our clinics, or the patient walking in from the street.”

They think swiftly and creatively, coming up with temporary solutions such as placing some patients in the post-anesthesia care unit. In the children’s hospital, an area of the pediatric ICU has been converted to negative pressure rooms for COVID-19 patients.

“For years, we’ve put patients in (Wiser Hospital for Women and Infants) to augment the adult hospital capacity. We are stretching their capacity,” Zimmerman said. “Our labor and delivery unit has delivered multiple COVID mothers all while facing capacity challenges unique to them as they care for the most complex patients in the state.

In the MICU, nurse manager Ashley Moore and her staff are making best use of their time and resources in handling patient capacity and containing spread of the virus. “We are grouping activities for our patients,” she said. “For example, the nurses and respiratory therapists are grouping medication administration, patient proning and patient repositioning.”

“We also are pulling some of the equipment right outside of the rooms,” she said. “Whoever is walking by a patient’s room can assess and immediately attack a problem. We don and doff PPE as teams. When you enter a room and finish with your patient, you can tap on the glass door, and someone walking by will help you doff your PPE. The staff does a really great job of containing the spread.”

“We have telemedicine capability in a lot of those rooms,” Jones said. “It’s mobile, and it allows for monitoring without entering and exiting the room.”

COVID-19 patients in an ICU room who need primarily basic support such as oxygen and hydration might stay just a few days. Patients on ventilators might stay just a few days. Patients on ventilators might stay just a few days. Patients on ventilators might stay just a few days. Patients on ventilators might stay just a few days. Patients on ventilators might stay just a few days. Patients on ventilators might stay just a few days. Patients on ventilators might stay just a few days. Patients on ventilators might stay just a few days. Patients on ventilators might stay just a few days. Patients on ventilators might stay just a few days. Patients on ventilators might stay just a few days. Patients on ventilators might stay just a few days.

“Both on the physician side and the nursing side, we are cohorting the staff,” Jones said. “On a given shift or rotation, those are the only patients they care for. We think that’s helped a lot, and knock on wood, we haven’t had any episodes of patient to health care provider transmission.”

But, Moore said, the biggest MICU driver for quality, focused COVID-19 care is teamwork.

“We are blending in with each other. People are always helping people,” Moore said. “If someone has a suggestion, we’re going to try it if it meets our standards of care. It’s a cool thing to see our nurses in action.”
Moore and other managers don’t just keep tabs on patient numbers. They are charged with staffing, and caregiver burnout is a constant concern.

“I can see when stressors start escalating,” Moore said. “I will tell that person, hey, take a day off. Sometimes, people just need a mental break. You try to leave work at work, but sometimes, you cry your entire way home. That might be how you handle it.”

Five months into the pandemic, the Medical Center can be proud of its response, Wilson said.

“We’ve used the Center for Telehealth for virus screening, and our Mississippi Center for Emergency Services has set up (specimen) collection sites. We’ve been able to duplicate that all over the state,” Wilson said. “We’ve done a good job on our testing abilities and capacity, and have augmented the Department of Health in performing large volumes of testing. That’s not a traditional role for our labs.”

Another huge accomplishment, Wilson said, is the Medical Center’s national role in clinical trials for drugs that could help fight the virus. “A lot of times when we have clinical trials, people don’t know about them,” he said. “These are among the top clinical trials in the country.”

The virus, Wilson said, “will be with us a long time. We have to be concerned about sustainability and taking care of folks who are doing the great bedside work.

“We will know a lot (soon) about what the Memorial Day weekend did for us,” Wilson said, referring to people statewide who may have transmitted the virus because they chose not to socially distance, wear masks or take other recommended precautions.

“We are concerned, to a healthy degree, that it may get worse,” Jones said. “We are looking at an uptick of cases this fall or winter, and planning what it will look like in terms of our services.

“We are working the best we can, trying to safely take care of all of our patients.”

Moore reviews the care of COVID-19 patients with Will Parish, nurse.

Ashley Moore, right, MICU nurse manager, discusses COVID-19 patients with Sheila Fletcher, left, director of infection prevention, and Dr. Bhagyashri Navalkele, medical director of infection prevention and control.

Student Stories

The Murmur wants to hear from you! If you have a personal essay contact JFBOBO@UMC.EDU and let’s talk about it.
Brent’s Drug Store

The secret passage into The Apothecary, a local speakeasy-themed joint you need to try. Yes they are open! Thurs-Sat 5-10pm
We pick a topic and ask two readers to make a case for why their pick is the best. Read their piece and decide for yourself.

**Best Dessert**

**Zack Watson**

*Frozen Greek Yogurt + Baklava at Aplos*

I am a creature of habit. Sure, I enjoy trying new things, especially when it comes to food, but once I’ve done my due diligence, and I find my favorite menu item from a restaurant, you better believe those are the things I’m going to order 99% of the time. Lately, I’ve been working my way through the menu at Aplos—Jackson’s newest Mediterranean restaurant that promises fast, fine, and simple cuisine inspired by eateries of Italy, Greece, and the Middle East. While I still have several things to try, I can officially announce my go-to dessert is the frozen Greek yogurt with baklava crumbles and honey, and full disclosure, I am very passionate about it. This dessert isn’t just my favorite at Aplos…it’s my latest food obsession in all of Jackson. For real, I crave this yogurt-baklava combo daily. When I first saw it on the menu, my immediate thought was “duh, gotta try that,” which was closely followed by my second thought of “WHY IN THE WORLD HAVE I NEVER THOUGHT OF THIS!”? I mean, this dessert just makes sense. Both Greek yogurt and baklava are quintessential Mediterranean fare, so why not combine the two, freeze the yogurt, and drizzle with all-natural, raw honey. Seriously, this dessert has it all—it’s sweet but tangy, soft but crunchy, smooth but gooey. With each spoonful, you get the tartness of the yogurt followed by the crispiness of the phyllo finished off with the sticky sweetness of the pistachios and honey. Seriously, this dessert has it all—it’s sweet but tangy, soft but crunchy, smooth but gooey. With each spoonful, you get the tartness of the yogurt followed by the crispiness of the phyllo finished off with the sticky sweetness of the pistachios and honey. This is about the closest thing to the nectar of the gods we mere mortals can get here in Jackson. Even better, this dessert is easy on your diet and your wallet. Coming in at only $5, this Mediterranean frozen-yo is packed full of protein and probiotics, not to mention, the myriad of evidence-based health benefits of pistachios and raw honey. So seriously people, do yourself a solid and run on over to Aplos in Highland Village to try this guilt-free, frozen Greek delight—like me, it may just become your next obsession.

**Sydney West**

*Turtle Tank Shake at Fine and Dandy*

I am a big fan of desserts. Probably the biggest fan. I never go too full to eat something sweet. And while cookies and cakes and bread puddings are all good, sometimes what you really need is a milkshake. This sweet, cold beverage can comfort you after, say, a week’s worth of tests or, perhaps, a 7-hour surgery that left your feet screaming for mercy. And if said milkshake comes infused with alcohol? ALL THE BETTER.

*Enter Fine and Dandy.* The almost-1-year-old restaurant has curated a menu that is unique, creative, and delicious, and the milkshake selections are no exception. In full disclosure, I was planning to write about the James Beard Incident because it is. Amazing. However, in an effort to keep things fresh and interesting, the chef creates an entirely different menu each season, milkshakes included. While I was initially distraught over this, my waiter assured me that he had the low-down on the best shake for the fall season. He suggested the Turtle Tank Shake, complete with chocolate, salted caramel, cheesecake, pecan pieces, and graham crumbs (Pro Tip: ask them to add Kahlua, a coffee-flavored liqueur), and it did not disappoint. Initially, I was worried that the shake might be too rich, as milkshakes can often be. This shake, however, is smooth and not at all overwhelming. With each sip, you are introduced to a flurry of flavors—never knowing whether you’ll get a chocolate chip, cheesecake or graham crumb. The Kahlua adds an enticing hint of black coffee and sweet butter, and the salted caramel and pecan pieces bring just the right amount of salty to cut the sweet. Truly, it was the best shake I’ve had in a while (and I’ve had a lot). If the Turtle Tank Shake doesn’t sound appealing, 1) you’re crazy but 2) you’re in luck. Other options include: Cap’n Crunk, 80’s Kid Throwback Shake, #basic, and The “Yes We Can Make You A Plain Vanilla Shake.” There’s a milkshake for every taste palate at Fine and Dandy. So, head over there to experience the best dessert in Jackson!
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
Duck fat french fries are a must. Chef Hunter Evans was featured in the latest issue of Garden & Gun. (@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 bahririta 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

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

By John Bobo and the Group Text
5 THINGS YOU HAVE TO EAT

AT aplos

BY JOHN BOBO

Jackson’s favorite restaurant located in Highland Village is the brain child of Chef Alex Eaton and Steven O’Neill of The Manship. Nothing on the menu is more than $10 and it is chock full of great things to eat. Here are my top 5.

1. The Hummus. There’s always been a battle for ‘best hummus’ in town. Chef Alex Eaton took a culinary sabbatical to the middle east to reconnect to his roots. It has paid off. The aplos hummus is lemon-garlic perfection topped with a delicious schug sauce (think spicy pesto without the cheese). Where other hummus can have the texture of mashed potatoes, this one is irresistibly smooth.

2. Anything with the roasted chicken on it. I know, I know, chicken is rarely the pick when you want something new, exciting, and delicious. But this chicken is incredible. You can see them slow roasting on a spit behind the bar, taunting you, as soon as you walk in. Get it on a wrap, get it on a salad, get it on a pizza, get it on an ice cream cone, I DON’T CARE just get it. Trust me.

3. The Falafel. These meditteranean hushpuppies have the perfect spice profile, avoiding the standard pitfall of so many dry bland falafel before it. Dressed up with some marinated cabbage and schug tahini dressing, these are great to share with a friend or eat on your drive home straight out of the bag buckled safely in your passenger seat.

4. The Frozen Greek Yogurt with Baklava. It is such a solid dessert creation. Tart, sweet, cold, and crunchy. I could go on about this but Zack makes an excellent case for it on page 52.

5. Frosé. When I think frosé, I think an overly sweet slush that kind of tastes like it might have been wine in a past life. This is a very different, and very good, dry rosé frozen and slurried into a flavorful icee. Exactly what you need when the Mississippi fall still thinks it’s summer.
NEED TO KNOW

ADVICE, RECS, AND FUN STUFF FROM THE OUTSIDE

WHAT?
Something’s fishy at the Pulitzer prizes. While crowd appeal and critic’s choices aren’t usually in agreement, the Pulitzer’s board members seem to have gone out of their way for the past few years in choosing fiction winners that, while have some stock in the bibliophile circles, just aren’t what we thought. They have avoided choosing unique and well-written, national best-seller novels that are more relatable to the masses. The same has happened again in 2019 and 2020 with the winning choices for fiction of The Overstory by Richard Powers and The Nickel Boys by Colson Whitehead, respectively. These novels beat out numerous chart-toppers, most of which were authored by women, that were predicted to win such as The Great Believers (Rebecca Makkai), An American Marriage (Tayari Jones), Florida (Lauren Groff), Asymmetry (Lisa Halliday), Disappearing Earth (Julia Phillips), The Other Americans (Laila Lalami), Sabrina & Corina: Stories (Kali Fajardo-Anstine), and that’s just the favorites—that doesn’t include National Book Award winning The Friend (Sigrid Nunez). Powers isn’t to be discredited, though. His winning novel was a nominee for the Man Booker Prize for fiction in 2018 (coming up short to Milkman by Anna Burns, a British novel not eligible for the Pulitzer). But, we’re skeptical that it really tops the ones we mentioned. Two other more-than-mentionable novels from the past two years that were written by men are There, There (Tommy Orange), Waiting for Eden (Elliot Ackerman), and On Earth We’re Briefly Gorgeous by Ocean Vuong.

Regardless of whether Richard Powers’s and Colson Whitehead’s novels are good, the issue is that it appears that the Pulitzer Prize committee chose a novel written by a male for the third year running when novels by females, often African American females, were very clearly favorites for the prize. The most notable fumble by the Pulitzer Prize for Fiction committee was in 2018 when Andrew Sean Greer won with the novel Less in lieu of the novel Sing, Unburied, Sing by Jesmyn Ward. Jesmyn Ward is an African American author from Mississippi—she is the first female to ever win two national book awards, is a Macarthur Genius Grantee, and, I can tell you personally, wrote a book far superior to Less—a novel about and by a white male.

In fact, the Pulitzer Prize for fiction has not been awarded to a female since 2014 when Mississippi Author Donna Tartt took home the prize with The Goldfinch. Again, I may just be Kermit sipping my tea here, but something stinks.

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We may not be presidents, professors, or editors-in-chief of prominent news media or colleges like those who form the Pulitzer board team, but here’s our two-cents on the true must-read books of 2018 and 2019:

**Nonfiction List:**

2019 Pulitzer’s choice: Amity and Prosperity: One Family and the Fracturing of America, by Eliza Griswold

“A classic American story, grippingly told, of an Appalachian family struggling to retain its middle-class status in the shadow of destruction wreaked by corporate fracking.”

2020 Pulitzer’s choice: The Undying: Pain, Vulnerability, Mortality, Medicine, Art, Time, Dreams, Data, Exhustion, Cancer, and Care, by Anne Boyer

“An elegant and unforgettable narrative about the brutality of illness and the capitalism of cancer care in America.”

Shanu’s choice: Educated by Tara Westover

A not-so-classic American story, heartbreakingly told, of a young woman who grew up in a Mormon survivalist family and was 17 years old before receiving any formal education. The memoir recounts her struggles with identity, faith, and years of physical and emotional abuse from her psychologically unbalanced family. When she makes the
around the U

transformative decision to obtain an education, which impacts her life and her relationship with family and friends, it helps her break free from an illusion that an education changed who she was rather than merely illuminating what was already within her.

Fiction List

- 2019 Pulitzer’s choice: The Overstory by Richard Powers
  
  “An ingeniously structured narrative that branches and canopies like the trees at the core of the story whose wonder and connectivity echo those of the humans living amongst them.”

- 2020 Pulitzer’s choice: The Nickel Boys by Colson Whitehead
  
  “A spare and devastating exploration of abuse at a reform school in Jim Crow-era Florida that is ultimately a powerful tale of human perseverance, dignity and redemption.”

- Our choices:
  
  - An American Marriage by Tayari Jones: (Both of our takes) Read it, wasn’t crazy about it, was terribly annoyed by the irrational characters throughout it while simultaneously feeling forlorn for the unfair predicaments they were put in, but also was considerably impressed by the fine writing style. It was a huge favorite last year—Tayari Jones is super cool. 2/5 stars for us.
  - The Great Believers by Rebecca Makkai: We haven’t read it but have never seen a less than 5/5 stars by anyone we trust. (This was named a finalist for the 2019 Pulitzer.)
  - Asymmetry by Lisa Halliday: (Shanu’s take) I have never read another book like this before that is divided into two seemingly completely unrelated, “asymmetric” thirds where you feel excluded from understanding the emotions of the characters as you first follow the story of Alice, who struggles with love and the typical issues of life while experiencing a clandestine relationship with a celebrity author in “Folly,” written in the third person perspective. How could this same book have anything to do with Part 2, appropriately named “Madness”, where you later follow Amar, whose section starkly contrasts with Alice’s story in terms of the first-person account that clearly expresses every thought, is suspiciously held inside the airport while traveling to visit his brother? Original, entertaining, and 5/5.
  - Florida by Lauren Groff: (JC’s take) These beautiful, dark short stories make you feel the heat and humidity of Florida summer with every page and was a finalist for the National Book Award in 2018. 4/5.
  - There, There by Tommy Orange: (JC’s take) This 2019 Pulitzer Prize finalist was the best book of 2018 for me. Jaw-dropping 5/5. If a male was going to win the Pulitzer anyway, this should have been it!

- Waiting for Eden by Elliot Ackerman: (JC’s take) This was the second-best book of 2018, read in one sitting, and 5/5. Have your mind blown and your heart stomped, but like in the good way, you know? As a medical professional with limited time, I think if you had to pick one from this list to read, this would be the one!

- The Other Americans by Laila Lalami (Both of our takes): Brilliantly written and demonstrates how one person can have an impact on so many different people separated by culture, life experience, religion, race, and class.

- On Earth We’re Briefly Gorgeous by Ocean Vuong (Both of our takes): Incredibly intense and gut-wrenching debut novel takes the form of a son (whose life parallels the Macarthur Genius Grantee author’s) writing to his mother about conversations he couldn’t have with her in person, including their abusive relationship, his coming out, and his romantic relationship with a man addicted to opioids.
Need to Know

BOY ERASED
★★★★★
This film that left me speechless. It is based on Boy Erased: A Memoir by Garrard Conley, who wrote about his toxic experiences in a gay conversion therapy program.

Calling the movie an exposé of painful, heartbreaking, and intense events would be an understatement. Jarod Eamons (based on Conley and played by Academy Award nominee Lucas Hedges), a preacher’s son, is forced to admit to his family (and to himself) of his feelings toward men after a horrific event (no spoilers here) leads to him being involuntarily outed. To remain a part of his family, he reluctantly enrolls in a two-week gay conversion therapy assessment program at the urging of his parents in which he and the other residents are subjected to daily humiliation, distressing physical and emotional abuse, and callous exercises exploring immoral acts by counselors with unverified backgrounds and qualifications. There, he befriends residents who are wrestling with similar ultimatums from their families and are tormented by internal wars between their beliefs and their desires. As some learn to cope by playing the part and the evading the system, others go to extremes to quell the clash between their faiths and their minds.

It would be unsuitable to not also mention the extraordinary direction that left me in awe and wanting more when the movie concluded, the touching soundtrack filled with heart-racing instrumentals that seamlessly timed with and underscored every emotional scene, and the outstanding performance given by Lucas Hedges, who impeccably plays a vibrant, carefree teenager that was forcibly transitioned to a young, troubled adult hiding his conflicted, forlorn feelings behind a resolute façade in a determination to bridge the gap between his desires and his faith that are tearing his family apart, even if it means giving up his identity. He ultimately must decide to stand up for himself literally and figuratively against others and against his own loved ones. I can’t forget to mention stellar supporting performances by Troye Sivan, Joel Edgerton (who also brilliantly adapted the screenplay and directed the film), Russell Crowe, and Nicole Kidman.

I won’t get into how disappointed I am that this film wasn’t nominated for anything at the Oscars, especially given the poor selection of movies of 2018, but this eye-opening story is one that must be heard and must be seen.

SHANU MOORTHY
4th year | Medicine

CHILDREN OF MEN
★★★★★
I was fortunate enough to run into Children of Men on Netflix, a film about faith and fearlessness. This 2006 adaption of a 1992 novel of the same name is well ahead of its time. Given the ongoing international refugee crises and endless political turmoil at home and across the world, this film is eerily predictive and well-timed as it’s set in a dystopian world in which the government imprisons immigrants and its inhabitants believe they have been divinely admonished with the most unforgiving, punishment of all: infertility. Eighteen years after the final birth of a child, the fate of humanity’s future survival lies in the hands of a cynical, unwilling hero (Clive Owen) and a miraculously pregnant, daring young woman who embark on a treacherous journey and blindly trust that the safety of their lives and that of the child will be protected if they find a symbolically named vessel called Tomorrow that is supposedly awaiting to transport them to an obscure, insurgent organization that is metaphorically named The Human Project, whose very existence is questionable.

Now on to spectacular cinematography specifics. A.k.a. “blah blah blah stop reading if you’re not a movie fanatic.” The director is Alfonso Cuaron, the Oscar-winning director of Gravity and Harry Potter and The Prisoner of Azkaban. I think that says enough about the excellence of the direction overall. But what was the most prominent feature, other than how realistic the frighteningly tragic settings of the fabricated dystopia were as well as the heartrending emotions conveyed by every single individual from the main cast to the extras getting mere seconds of screen time, was the use of uninterrupted, single-shot scenes visualized through a blood-spattered camera lens that made me feel as I were following the main characters as they raced for their lives through gunfire and explosives. Warning: This must-see, underappreciated, action-packed emblematic film is not for the faint of heart.

CLIVE OWEN JULIANNE MOORE MICHAEL CAINE
CHILDREN
OF MEN

THE YEAR 2022:
THE LAST DAYS OF
THE HUMAN RACE
NO CHILD HAS BEEN BORN FOR 18 YEARS
HE MUST PROTECT OUR ONLY HOPE

ISSUE SEVEN 2019-2020 | The Murmur