IMAGINING A WORLD REOPENED
"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.”
Bright Future Ahead

In a recent interview, M4 Kandice Bailey discusses what inspires her, imposter syndrome, and the family that has supported her along the way.
Kandice Bailey once believed she would be a champion for people in the courts as a lawyer; then she realized she could be the same in the clinic as a doctor.

For Bailey, a fan of reality shows with straight-talking judges, medicine eventually overruled law for many reasons, not least of which was a real-life drama with her grandfather at center stage.

“During his long illness, my grandfather went to some bad doctors, who ignored him and wrote him off because he had dementia; it was as if he wasn’t even there,” said Bailey, School of Medicine class of 2020 at the University of Mississippi Medical Center.

“But he also had some good doctors, who talked to him and treated him with respect; I learned from them that a patient is not defined by his disease.

“Seeing the impact this kind of care had on me and my family, being aware of the health disparities many people like my grandfather face, I realized that becoming a physician was not just something I wanted to do; it was something I had to do.”

Among those touched by the “good doctors’” compassion was Bailey’s older, and only, sibling, Dr. Summer Bailey, a 2016 graduate of the School of Medicine at UMMC.

The Bailey sisters are not the only physicians in the family. The first is also a cable TV star: Dr. Jacqueline “Jackie” Walters of Atlanta, a mainstay of Bravo’s unscripted program, “Married to Medicine,” a 1993 School of Medicine alumna, an OB-GYN and Bailey’s mom’s younger sister.

“I’ve always admired my aunt,” Kandice Bailey said, “her work ethic and personality. She was really our second mom. Whenever we had a problem or just needed to talk, we went to our mom first, but our second call was to Aunt Jackie.

“She has that you-can’t-knock-me-down attitude, which I get from my parents as well.”

Her parents, Curtis and KaSandra Bailey, brought up their daughters in “super rural” Lorman, where the family also raised cows.

“One they have a goal in mind, they get it done,” said Bailey, a graduate of Cathedral High School in Natchez and Millsaps College. “I try to be like them: If I want to do something, you can tell me I can’t, but I’m going to do it anyway.”

But there was a time, very recently, when her nerve and confidence failed her.

One of 143 medical school graduates who matched for specialty training, Bailey said that, while on the interview trail for her residency, she was overwhelmed by the qualifications of others competing with her for the coveted dermatology spots. “I found myself questioning whether or not I even stood a chance,” she said.

Leroy Walters, grandfather of Kandice Bailey and her sister, Summer Bailey, was a profound influence in the young women’s lives.
Dr. Robert Brodell, however, did not. It was Brodell, chair of dermatology at UMMC, who “kept me going in medical school,” Bailey said. “He steered me the right way. Even when I would email him frantically at midnight, I would get a response by 12:10. I enjoyed the internal medicine and pediatrics rotations, but the area that always kept me guessing and excited was dermatology.”

To hear Brodell tell it, dermatology should be excited about Kandice Bailey. “She will be a great dermatologist,” he said. He saw this early on when Bailey planted her thoughts firmly on Terra firma-forme dermatosis, investigating the benign skin disorder in a paper accepted for publication within months.

“She worked diligently on the project and was soon assigned to me in the American Academy of Dermatology Minority Mentorship Program,” Brodell said. “African Americans are underrepresented in the field of dermatology. Kandice’s decision to seek out mentoring early in her medical career was very smart.”

It put her in a great position to secure her dermatology match, he said. Apparently, he was right: Bailey will do a preliminary year in internal medicine at UMMC before leaving for St. Louis for her dermatology residency at Washington University’s Barnes-Jewish Hospital, the place where Brodell trained.

“Recruiting Kandice to dermatology, and seeing her choose my residency alma mater, has been a thrill for me,” he said.

Before she leaves for Missouri, Dr. Sharon Douglas, another of Bailey’s faculty mentors, would like to make a statement. “She is absolutely the kind of doctor we need here. She is one of those students I will never forget, and I will miss. She is loved by patients and respected by classmates and teachers. Everything she has tried to accomplish, everything she has applied for, she has done. Dermatology is one of the hardest specialties to match.”

For a while, Bailey wasn’t sure she would. “I would get so discouraged by another applicant’s experience, I would think, ‘I might as well not even hope for this one,’” she said.

“It didn’t dawn on me at first, but I was experiencing imposter syndrome.” Bailey suspects that, at one time or another, all medical students face these feelings of self-doubt.

But this was a first for her. Knowing this sensation of insecurity could sabotage her chances on the interview trail, she decided to conquer it. She had to remind herself that receiving interview invitations alone proved her merit, she said, that getting that far spoke for itself. “I had to remember that I bring something valuable to the table no one else does.” Her you-can’t-knock-me-down attitude won the day.

That would not surprise Douglas. “Kandice comes from a great family,” she said. “They instilled in her the values that are perfect for a doctor.”

You might say those values are the reason she became a doctor. Certainly, her grandfather’s life was an example for her. “He was just a rock,” she said.

For Summer and me, he was our biggest cheerleader when we were growing up – even when we did something wrong.”

But the strength of his body did not equal the power of his spirit. Eventually, neither did his mind. He had diabetes, hypertension, high cholesterol, and then he developed dementia. To undergo dialysis, he had to drive, or be driven, to Brookhaven three times a week – more than an hour away, from Lorman.
“With my grandmother, he had to ride on those deer-infested backroads early in the morning, in the dark,” Bailey said. “It wore on him.”

When her grandfather died, in the summer of 2015, Bailey was a senior at Millsaps. “The moment was sudden, but we were all ready for it,” she said. “He had been sick so long.

“Watching his health slowly fade, I believe it showed me and my sister how underserved rural areas are, and the effect it has on the families of those who are sick. You’re watching a person you emulated, admired and loved going from caretaker to someone you’re taking care of.”

Soon, she will be taking care of many more like him. The day, more or less, that she officially becomes a physician is May 22 – the date of her COVID-cancelled commencement ceremony. Like her classmates, not to mention the hundreds of graduates from the half-dozen other campus schools, she won’t be marching toward her diploma in front of thousands of onlookers.

Instead, she’ll be sitting at home, gratefully, with a handful of relatives.

“We’re not going to have that big hooray moment for me and my classmates,” Bailey said. “I’ll miss that. It’s the culmination of everything we’ve done – not just in medical school, but also in college; and some people even have graduate degrees.

“But as my dad said, ‘the prize is the degree.’ The prize is getting to be a part of this profession that so many people dream of doing and one that impacts so many people.

“So, yes, I’m going to be sad for a little while, but I realize I’m still going to be a doctor.”

Kandise Bailey far left lines up behind the other women in her family, from left, her sister, Dr. Summer Bailey; her grandmother, Senora Walters; her mother KaSandra Bailey; and her aunt, Dr. Jacqueline “Jackie” Walters.
The afternoon sun is softened by the yellow brick of the new School of Medicine building, with only the occasional ray of light dancing off the large glass windows as you approach from the north. The brick is welcoming and familiar to UMMC students, faculty and staff; far less ostentatious than its red cousin and more reassuring than, say, stucco. The yellow brick, laid in running bond, serves as our chauffeur through time, a common thread on UMMC’s campus from 1955 to 2018. Newer buildings on
THE BRICKS HAVE GIVEN THE CAMPUS A CONSISTENT, PLANNED LOOK—UNLIKE SOME OF OUR SISTER ACADEMIC HEALTH CENTERS IN OTHER STATES"

- Barbara Austin
Director Emeritus UMMC Public Affairs

The campus incorporate more concrete and glass than the older ones for a touch of modernity; contrast the old hospital with the new Translational Research building. But they all welcome visitors with certain warmth, a shining beacon that rises from the gray concrete and black asphalt that surrounds the campus.

But, really, why are the buildings yellow? Was it more cost efficient at the time? Or was it an afterthought that has stuck with us 60 years later, the butterfly effect played out in architectural design? And while we’re nitpicking, is it really yellow, or more of a tan? Beige? Taupe?

Most of the answers, as it turns out, are fairly simple. Dr. Jonathan Wilson, Chief Administrative Officer at UMMC, explained that this type of brick is called “blonde brick” owes its lighter color to a lower iron content than the clay used for red brick. According to Barbara Austin, Director Emeritus of Public Affairs at UMMC, “the blonde brick was in vogue at the time the original T-shaped building was designed and constructed in the early 1950s, and that’s why our first architects selected it.” It was not a question of cost, but one of style. We wanted Mississippi’s premier medical education center at the cutting edge, both inside and out.

Austin went on to explain that long-range planning started in 1958 with the appointment of a Long-Range Planning and Development Committee composed of faculty and staff from all major units of the institution. “The committee published the Medical Center’s first long-range plan in 1960 after several years of consultation with Todd Wheeler, an architect and partner in a Chicago planning firm… The original long-range committee asked architects on building projects to use the blonde brick to give the campus a unified, consistent appearance. And certainly, it has.” Wheeler, the Chicago architect, specialized in construction of hospital and medical schools and served as acting state architect for Illinois from 1951-1952. His opinion was highly regarded at the time UMMC was constructed, so the decision to use blonde brick for every building was an easy one. It’s why you see the same color brick on every structure on campus, from the main hospital down to the barrier around the dumpster outside the pharmacy building. “I’m glad we stuck to it for our building exteriors. Its use has given the campus a consistent, planned look—unlike some of our sister academic health centers in other states”, Austin said.

Now, one’s opinion of how the blonde brick contributes to the overall look of the campus is a more complicated issue. When asked for his thoughts, Dr. Jerry Clark, Director of Student Affairs for the School of Medicine, noted that the new School of Medicine incorporates older design elements, such as the blonde brick, with newer ones such as natural light and soothing colors to contribute to student wellness. Austin was less approving, but kept sight of what is important. “Currently, the campus is a mess. It’s hard to navigate even for those of us who ‘grew up’ with the institution as it expanded. But all the construction underway today has the same purpose Medical Center growth has always had: to help Mississippi meet the identified needs of the state for health professionals and health care.”

UMMC’s blonde brick is a throwback to the early days of the state’s premier academic health center, but it is now incorporated in state-of-the-art buildings that use the newest technology in healthcare education. Here on campus, you will find a variety of opinions on how it looks, but its most important job is to provide a home for healthcare in Mississippi.

Photos courtesy of Misti Thornton and the library archives
Talk of the Town

Your guide to the city of Jackson and beyond

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*

4th year, Medicine

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 items 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 crispness 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 crispness 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 fro-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.

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**Sydney West**

*Turtle Tank Shake at Fine and Dandy*

4th year, Medicine

I am a big fan of desserts. Probably the biggest fan. I’m never 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!
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
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 6682

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

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
"chickens 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

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)
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 slurred 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?
Wow. Best movie I’ve seen in a while. This film renewed my hope in the midst of the yearly movie drought. If I wasn’t literally laughing out loud at knee-slapping one-liners and hilariously witty quips, I was instead gasping in shock at every plot twist, pretending my allergies were acting up while holding back tears at every poignant, intense moment, gaping in awe at the spectacular visions of brilliant colors in extraordinary production settings, extravagant parties, and stunning costumes, trying not to be jealous of the ridiculously beautiful cast, and obnoxiously cheering on the characters on the screen as if they could hear me and as if my fellow theater-goers couldn’t (not that they cared because they were doing it too). From start to finish, there’s never a dull moment through every twist and turn in this perfectly paced, wonderfully taken movie. The Big Sick meets The Great Gatsby (DiCaprio/Luhrmann version, obviously) in this refreshingly delightful romantic comedy about two people in love raised in two different cultures struggling to hold on to family, love, their identities, and each other. Constance Wu brilliantly plays a self-made, no-nonsense, and independent female lead who meets her boyfriend’s family in Singapore. He casually chooses not to mention how his family is the one of richest in the country, and we follow their love story as she strategically and courageously maneuvers through each scheme from the family members designed to scare her away. Little did they know, they were messing with a master of the game theory. I know what you’re thinking. Haven’t I already seen a million movies with this same plot of a two lovers from different worlds trying to fit in with the family and persevere through conflict? A.k.a. almost every romantic comedy ever? Well, maybe. But without giving away any spoilers, just trust me that this must-see is worth your time and even the movie theater ticket price.