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"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."
Resourceful Respiration

Mississippi’s COVID-19 response depends on tele-health triage to make sure those in most need receive testing.
I distinctly remember tracking news on “pneumonia of unknown etiology” reported from China, during Christmas holidays in December 2019. That was a long time ago! Emerging infectious diseases are not uncommon especially in tropical countries like China. So naturally, I was curious but not really concerned or thought that it would become the next pandemic. Interestingly, within a short time period (2-3 weeks) the number of cases and deaths reported from China increased at an alarming rate and identification of novel Coronavirus was confirmed (it was not officially named yet). A new virus in a population with no immunity is a hospital epidemiologist’s worst nightmare. It was palpable that this novel coronavirus, now known as COVID-19, will spread across the world like wildfire. It was evident COVID-19 will eventually come to US and of course to MS as well, it was a just a matter of time.

Unfortunately, yes! It has been 10 years since the last pandemic (2009 influenza). The Infectious Diseases Society of America was actively discussing lessons learned from past pandemics and preparations necessary to mitigate any new pandemic. The World Health Organization along with World Bank convened for Global Preparedness Monitoring Board in September 2019. The panel discussed and warned the world of being unprepared for a pandemic and the devastating impact it could have on the health and economy. Here are a few excerpts from the report:

“If it is true to say “what’s past is prologue,” then there is a very real threat of a rapidly moving, highly lethal pandemic of a respiratory pathogen killing 50 to 80 million people and wiping out nearly 5% of the world’s economy”.

“A global pandemic on that scale would be catastrophic, creating widespread havoc, instability and insecurity. The world is not prepared. The World Bank estimates that a global influenza pandemic akin to the scale and virulence of the one in 1918 would cost the modern economy US $3 trillion, or up to 4.8% of gross domestic product (GDP); the cost would be 2.2% of GDP for even a moderately virulent influenza pandemic”.

Dr. Bhagyashri Navalkele is a physician in the department of Infectious Disease at UMMC. She is also UMMC’s hospital epidemiologist and serves as the Medical Director for Infection Prevention. This interview was conducted via email.

**COVID-19 Q&A**

**HOW DID YOU SEE THIS GOING WHEN YOU FIRST HEARD ABOUT A VIRAL OUTBREAK IN CHINA LATE LAST YEAR?**

I distinctly remember tracking news on “pneumonia of unknown etiology” reported from China, during Christmas holidays in December 2019. That was a long time ago! Emerging infectious diseases are not uncommon especially in tropical countries like China. So naturally, I was curious but not really concerned or thought that it would become
The Johns Hopkins COVID-19 Dashboard has been the most reliable data to track number of cases across the world including US and its individual states in real-time.

Specifically for MS numbers, I have been tracking Mississippi Department of Health website. They have been updating number of cases but also providing important epidemiological information specific to our state. Based on the MSDH site, as of 4/19/20 at 8:00pm there were 4,274 cases and 159 deaths. The disease burden is highest in African American population. AA population has accounted for 56% of the infected population and 63% of deaths in MS so far. There are multiple other interesting statistics available on this site.

The projections on peak in MS has been variable and there is no single source of truth yet. There are multiple sites which have projected a peak either last week or next week or some even in May. It’s difficult to predict the future and I would not recommend any specific site to monitor projections.

WHAT HAS THE UMMC INFECTION PREVENTION TEAM BEEN DOING TO HELP PREVENT THE SPREAD OF CORONAVIRUS IN THE HOSPITAL? HOW DO YOU BALANCE THIS NEW THREAT WITH SOME OF THE OLD ONES?

Infection Prevention team has been working diligently to combat this pandemic. In the last 3 months, we have worked on numerous projects and policies along with hospital leadership to prevent or curb spread of COVID-19, conserve resources especially PPE and provide guidance to patients and employees. Some highlights of our work:

1) Infection Prevention (IP) department and Infectious diseases (ID) division collaborated to form IP/ID Command Center which has been operational 24x7 since 3/18/20. In this ID/IP CC, we provide guidance to physicians related to patients from Jackson, Grenada, and Lexington campus who call through the Medcom hotline 24x7 regarding COVID-19 testing and approval, need for isolation precautions, and referral to acute respiratory clinic. We receive calls through Telehealth hotline from employees who are sick and provide guidance to them on testing, home isolation and clear them to come back to work. We investigate any exposures related to COVID-19 and provide guidance on monitoring.

2) IP/ID have personally collected multiple COVID-19 swabs from known positive patients in ICUs and floors to help laboratory validate some new testing platforms.

3) Early on when the disease was still widespread but not pandemic, IP along with other hospital leaders met with MSDH to discuss strategies on testing and isolation of cases at UMMC and also management plans across the state.

4) IP/ID along with leadership has worked together into publishing multiple policies related to testing, isolation, conserving PPE, environmental cleaning practices in inpatient, ED and perioperative areas. IP has personally trained multiple employees and serves as point of contact on appropriate method to don and doff PPE to prevent contamination and reduce risk for exposure.

5) One of the toughest decisions but important decisions IP took early during the pandemic was to discontinue all isolation precautions on hospitalized patients with exception of Tuberculosis, Influenza, C.difficile and COVID-19. This was specifically to conserve our PPE for COVID-19 infections. We emphasized hand hygiene and environmental cleaning for preventing spread of other multi-drug resistant organisms.

HOW WOULD YOU GRADE UMC’S RESPONSE SO FAR, AND ARE YOU MORE CONCERNED OR OPTIMISTIC ABOUT WHERE THE STATE OF MISSISSIPPI IS AT THIS STAGE?

I am extremely proud that UMMC adopted a proactive approach during this pandemic. Preparations started early on since the first COVID-19 case was announced in Washington State on January 20. We are prepared as much as one can be to face difficult times ahead.

The state of Mississippi is currently at a steady phase due to shelter-in-place orders and some important public guidance which was provided by MSDH. Currently, nursing homes and prison facilities across the MS state remain vulnerable areas. These facilities will determine how the trajectory of cases and deaths in MS will move. There is still work to do for these facilities and they need utmost regulatory guidance to avoid outbreaks.
guarantees that we will not have re-emergence of cases in winter or every year. Social distancing, hand hygiene and environmental cleaning need to become a part of the “new normal” to flatten the curve.

How do you see healthcare as a whole changing as a result of this pandemic?

The healthcare industry is never going to go back to “normal” functioning as it was in the pre-pandemic phase. The current changes in healthcare industry are essential crisis strategy level changes and would continue at some level until we have a vaccine or 80% immunity in population. There are some changes which will stay with our practices forever. Telehealth and remote patient monitoring is one these changes which has been widely adapted across the nation for continuity of patient care. This also means there will be a change in payer system to adapt to telehealth system and provide appropriate reimbursements. Digitalization of medicine might become a common practice (symptom monitoring via app, or checking vital signs at home via app). The most important change I am looking forward to staying put is washing hands. During this pandemic, there has been a focus on hand hygiene, and I hope that stays forever.

What is your favorite “pandemic movie”?

Tough question. I am going to say it’s a tie between Contagion and World War Z, both are great movies.

What is the first place you’ll go when this is over?

I hope to spend some quality time with my family especially my nieces.

If you could give one piece of advice to graduating students entering healthcare professions during this time, what would it be?

Congratulations to all graduating students! What you should know, or already might know, is that healthcare professionals across the world are currently experiencing the most challenging, unique and vulnerable moments in their careers. There is a good chance this pandemic is going to be still active or will come back again when you are going to start practicing. The healthcare organization has changed tremendously since the pandemic so please be prepared to adapt to this change. Some are good changes (telehealth care) which will likely stay with our practice forever. Some are necessary changes (less clinical interaction with patients) but will keep evolving over time. That being said, don’t let a pandemic change the basic principles of patient care- do no harm, compassion, scholarship, humility and communication.

Being an Infectious diseases and Infection prevention physician, I cannot emphasize enough how much healthcare organizations across the US need more ID+IP trained physicians to serve as a guide during such crisis situations. Choose your future career path wisely.

https://coronavirus.jhu.edu/map.html
https://www.msdh.ms.gov/msdhsite/static/PALr20.html

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601.208.6401
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NMLS# 640641

Hank Waterer
Private Banking
1200 North Jackson Street
Jackson, MS 39202
601.944.2319
hwaterer@trustmark.com
NMLS# 1201254
Cancer, heart disease, autoimmune disease, and emergent health issues such as heart attack, stroke and broken bones.

None of these conditions are put on pause for COVID-19, and the University of Mississippi Medical Center has not paused providing necessary services, even in the face of a public health crisis.

For Doris Whittington, who has been receiving Remicade treatments for her Crohn’s disease at the Infusion Center at Select Specialty Hospital since 2013, the continuation of services has been a huge relief. Missing even just one treatment could have a major negative impact on her health, she said.

The center provides infusions to patients suffering from arthritis, lupus, Crohn’s and multiple sclerosis, among other conditions.

The goal now, as always, is to keep them in remission and out of the hospital, said Angela Davis, nurse manager for the center.

“We have enough stress as it is with all this,” Whittington, who works at the Medical Center in the department of psychiatry, said. “If you come out of remission, it could be terrible.”

They have limited guests and have implemented three levels of screening for patients before they receive their treatments to ensure they are not ill.

All over the Medical Center, services such as cancer treatments, infusions and surgeries continue, while others are delivered via telehealth, and providers are learning new ways of doing things that will hopefully stick even in the days following the pandemic.

“We’re providing the same patient care we did before COVID-19, just at a lower patient volume” after the reduction of surgeries, procedures and clinic visits, said Britt Crewse, chief executive officer of the adult hospitals.

For example, patients with lab-only visits at University Pavilion can now have blood drawn without even having to go into the building.

Not only is the new method safer, but it’s also more convenient.

“Imagine you’re the parent of a 5-month-old and you need to get him or her tested every couple weeks,” said Crewse. “Now you pull up, and the baby can have labs drawn right outside of the car.”

Health care providers at the Cancer Center and Research Institute at the Jackson Medical Mall are providing treatments and care in the safest way possible, and, of course, incorporating more telehealth.

“We’re trying to see a majority of those who need routine follow-up via telehealth,” said Dr. Stephanie Elkins, chief of the Division of Hematology and Oncology. That includes cancer patients who need follow-up visits at three, six and 12 months.
“For those who need to come, we’re doing all we can to minimize contact with others and exposure in the waiting rooms,” she said.

Those who need to come include patients with cancer and blood disorders receiving treatment, those newly diagnosed and those whose care can’t be handled via telehealth.

Dr. Srinivasan Vijayakumar, director of the Department of Radiation Oncology, said his staff also are offering telehealth options when appropriate, and they account for about 20 percent of follow-up visits.

Tactics to minimize contact at CCRI clinics at Jackson Medical Mall include screening all patients and limiting visitors and setting up blood draw stations in the JMM hallway near the outpatient clinics. This is for patients who need routine blood counts to monitor cancer or other blood diseases, and those who need a blood count before receiving treatment.

They’re able to have blood drawn and wait in their vehicle until called with the results. Those who need infusions are escorted directly to an infusion room for treatment.

Cancer treatment typically involves one or a combination of medical oncology (infusions, shots or pills), radiation oncology and surgery.

Dr. Shannon Orr, chief of the Division of Surgical Oncology, said cancer surgeries are essential.

“The patient may have started chemo or radiation several months ago, before COVID was a big threat, to treat the tumor in preparation for surgery,” he said. “To stop the surgery and wait, we risk their tumors growing or the cancer coming back.”

CCRI interdisciplinary teams, focusing on 13 types of adult and pediatric cancers, still meet to discuss each new patient’s treatment and the order in which they should receive it, Vijayakumar said.

The order of treatment can be crucial in achieving the best outcomes.

A similar story is unfolding in the Children’s of Mississippi clinics.

“There’s a perception that the clinics have closed, but that’s certainly not the case,” said Karen Dowling, Children’s of Mississippi chief ambulatory and network operations officer. “We’ve consolidated our operations to make them more efficient and incorporated telehealth to keep as many patients safely at home as possible while also receiving needed care.”

This includes even physical and occupational therapy for patients who might otherwise experience functional delays if they missed any treatment.

Delivering that therapy via telehealth has an added advantage and may continue when the threat of the novel coronavirus has lessened.

“A lot of what we do are functional activities, which, being in the home setting (with telehealth) can be a benefit,” said Dowling. “We hope in the future we can continue to use that kind of hybrid model for certain patients where it is appropriate.”

In addition, parents get increasingly involved when telehealth is used – yet another reason to continue utilizing telehealth in the future.

Dowling said many other areas of the pediatric world continue, including the Center for the Advancement of Youth, which is still providing behavioral and developmental therapy for children via telehealth.

In addition to a commitment to continuing to provide needed services to patients, Medical Center leaders are committed to learning every available lesson this crisis teaches.

“This is an opportunity to change the way we’ve been doing business, and there are lessons we’re learning on how we can better serve our patients and the community going forward,” said Crewse.
“Telehealth is an unsung hero of the COVID-19 pandemic,” Jones said. “It is not only enabling triage in our testing area, but it is helping doctors see patients without putting themselves or their patients at risk. Most certainly, telehealth is saving lives.”

UMMC’s Center for Telehealth, in 2017, was recognized as one of two federally designated Centers of Excellence in Telehealth by the U.S. Health Resources and Services Administration. With this designation comes the mission of supporting the nation with telehealth capacity building, said Dr. Richard Summers, associate vice chancellor for research.

“We are fielding requests across the state, and we are coordinating with our country’s regional telehealth resource centers to support organizations with telehealth needs,” he said. “We have had the opportunity to present our state’s innovative COVID-19 model to all the telehealth resource centers across the country, and in the next two weeks, HRSA will be showcasing our model on a webinar to all community health centers across the country.”

Moving rapidly to meet growing needs, the Center for Telehealth built a workforce, adding 25 employees and rebranding the C Spire Health app, originally developed to treat minor medical conditions, to function in the pandemic. Starting March 13, the Center for Telehealth also enabled calls from UMMC employees and students exhibiting COVID-19 symptoms or returning from travel, screening them for their risk of the disease.

“Many teams played a part of bringing the COVID response together,” said Greg Hall, director of information technology at the Center for Telehealth. “The clinical, technology, and administration teams at the Center for Telehealth worked closely with partners from C Spire to rebrand the C Spire Health app to enable the triage of patients. C Spire also created a tool that enabled communications to be sent via text and email to patients enabling them to show proof that they had been properly screened before showing up at the Fairgrounds or one of the pop up testing sites.”

TELEHEALTH TECHNOLOGY ‘LINCHPIN’ OF MEDICAL CENTER’S COVID-19 RESPONSE

By ANNIE OETH

Telehealth is proving itself to be an indispensable weapon against the spread of COVID-19 in Mississippi.

“UMMC’s COVID-19 response is centered around telehealth,” said Julio Cespedes, director of Telehealth Innovation, Design and Implementation at UMMC’s Center for Telehealth.

Mississippians seeking testing for the novel coronavirus are first triaged through the C Spire Health app and, if appropriate, are given appointments for testing through telehealth. Those who do not have smartphones can call (601) 496-7200 to connect to the Center for Telehealth.

Without UMMC’s telehealth efforts, the state’s response to the pandemic would not function, said Dr. Alan Jones, professor and chair of the Department of Emergency Medicine and interim Chief Telehealth Officer.
The Center for Telehealth team also worked with the team at the Incident Command Center within the office of Dr. LouAnn Woodward, vice chancellor for health affairs and dean of the School of Medicine, and the Mississippi Department of Health to come up with the workflow plan needed for COVID-19 testing in the state.

“None of this would have been possible without the teamwork between all of these respective teams,” Hall said.

As the pandemic hit, UMMC providers needed a way to care for patients without putting themselves or their patients at risk of contracting COVID-19. To meet that need, UMMC’s Center for Telehealth scaled up the virtual platform UMMC2YOU and provided training across the organization. During 101 UMMC telehealth training sessions, 420 employees and a dozen School of Medicine clinic departments learned the platform’s capabilities and their own.

“The Center for Telehealth was providing training seven days a week,” said Tearsanee Davis, director of clinical and advanced practice operations at the Center for Telehealth.

As a result, the number of UMMC telehealth visits increased 286 percent from Feb. 20 to March 20, and the number of telehealth users rose 5,704 percent during the same time period. Since then, the growth has continued. From March 23 to April 10, UMMC care teams conducted more than 5,500 patient visits using the UMMC2YOU app, said Kevin Yearick, chief information officer for technology. During the same time period, about 2,900 video visits were made through the C Spire Health app.

“COVID-19 has exponentially increased UMMC’s telehealth usage for normal visits,” Hall said. “As we have shifted to telehealth as a primary modality for ambulatory visits, we have added more than 1,359 new doctors, advanced practice providers, nurses and front-line staff to our UMMC telehealth platform.”

“Telehealth has allowed our pediatric providers to continue to give their patients the care they need,” said Karen Dowling, chief ambulatory and network operations officer for Children’s of Mississippi, UMMC’s pediatric arm. “Most recently, we have started providing physical therapy and occupational therapy to children around the state through telehealth.”

Telehealth technology is also helping conserve personal protective equipment, or PPE. E-care cameras are being used in COVID-19 patient intensive care rooms to allow an expansive care team to see those patients virtually.

In the emergency department, rooms where patients are being isolated have telehealth capabilities so larger care teams can communicate with patients while preventing exposure and spread of COVID-19 and preserving PPE.

“In this time of crisis, we have seen the capabilities of telehealth technology and how they can be used now, to prevent the spread of COVID-19,” Jones said, “and later, once the pandemic has ended. It will remain a powerful part of providing care.”
Around the U

ASB CLAUS BALL

Photos courtesy of UMMC Public Affairs
Around the U

ASB CLAUS BALL
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
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Your guide to the city of Jackson and beyond
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the bacon melt (omg it’s the bomb), disco fries, ribs
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Elvie’s
check the insta (@elviesrestaurant), CURBSIDE BRUNCH THIS WKND!
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

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

E DO
“volcano roll is dank” -Dr. Will Dungan
601 899 8518

Aplos
“mezze 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
Keep Calm and Quarantine

A targeted approach to keeping yourself calm, captivated, and curious while you shelter in your place.
Keep calm & Quarantine by Shanu Moorthy

A targeted approach to keeping yourself calm, captivated, and curious while you shelter in your place.

Libby or Hoopla
Have a library card but no physical library open? I was lucky to discover this app late this year, and it's been a godsend to help me maintain my love for reading during the unpredictable schedules of clinical rotation years and traveling for interviews. It's even more necessary now that physical libraries are closed. Get instant access to numerous audiobooks and e-books at the touch of your fingers FOR free with just your library card.

Happy Hour Trivia via Zoom
Keep your minds sharp by connecting with trivia lovers all over the country via Zoom with this free Tuesday night weekly trivia event with instant e-gift card prizes going to the winners. Upcoming events:
Tue., April 28 - Big Bang Theory

Online Learning
Udemy.com offers countless free online video courses during this time. So, learn something new like a computer language, the basics of finance, initial steps towards personal development, or even how to edit photos better to meet your satisfaction before posting on social media. Complete them at your own pace.

Podcasts
I've found a new opportunity to explore so many more podcasts. Here are some of my favorite old podcasts and along with new discoveries:
Coronavirus: Fact vs Fiction - small doses of news updates to stay informed, avoid misinformation, and prevent news overload

Office Ladies - Calling all Office lovers to listen to in-depth background stories of each episode that only people who were there could know. Hosted by Jenna Fischer (played Pam Beasly) and Angela Kinsley (played Angela Martin) and very often includes guests that were other stars of the show
Modern Love - for reminders that love, kindness, and connection have always been and still are so important.
Keeping up with the Celebrities:
Anna Faris is Unqualified
Armchair Expert with Dax Shepherd
Staying in Emily and Kumail
I Weigh with Jameela Jamil
Couch to 5k, Strava, and Sweatcoin
Don’t forget to keep your physical and mental health in check by continuing to exercise. Need some motivation? I found mine through completing the free Couch to 5k app that trained me to start running with realistic goals of someone who was truly a couch potato. Then I maintained my exercise regimens by downloading Strava, which allowed me to connect with Facebook friends to see their activities and also by having monthly challenges to complete and earn trophies on the app. Also, Sweatcoin converts all your steps (including indoor steps) to a type of currency that can be used towards charity or special offers to treat yourself for your hard work.
What to Stream 2000s Edition

While our Murmur fanbase is broad, our focus is, of course, our UMMC students. And who comprises that majority? 2000’s kids! So all you beautiful millennials, this week is for you. Because let’s be honest, the decade was cinematic gold. I mean truly, it was very difficult to narrow down these picks. To our ‘90s kids in the student body, don’t worry, your time is coming! Happy streaming, cinephiles.

**BEST PIC PICS**

- **Slumdog Millionaire (2008) - HBO Now**
  Both a heartwrenching & heartwarming story of the life of a Mumbai teenager (Dev Patel, total heartthrob) told through flashbacks as he answers questions on India’s version of Who Wants To Be A Millionaire. A true masterpiece.

- **The Hurt Locker (2008) - Hulu**
  Dubbed by many a critic as the greatest film made about the war in Iraq, this film took home six Oscars, including Best Director to Kathryn Bigelow, the only female to win this honor to date.

**ANIMATION**

- **The Emperor’s New Groove (2000) - Disney+**
  One of the decade’s most quotable films. Boom baby! Bring it on.

- **The Incredibles (2004) - Disney+**
  Pretty much any of Pixar’s content this decade could have made the cut, but the world became a better, quirkier place with the birth of Edna Mode for me so I went with this one.

**SO 2000s**

- **A Cinderella Story (2004) - Netflix**
  Queen of the 2000’s Hilary Duff starring opposite One Tree Hill heartthrob Chad Michael Murray was obviously going to be a decade classic. Also, will just leave this here: Locker. Room. Scene!!!

- **National Treasure (2004) - Netflix**
  Unleashing your inner history nerd & joining Nicholas Cage on a treasure hunt. What’s not to enjoy?

- **Uptown Girls (2003) - Hulu**
  Sing it with me now, “na na na na na na na na, sheets of Egyptian cotton!!”

- **Drumline**
  I had to include this film. Does it get much more 2000’s than Nick Cannon? My heart rate is spiking just thinking about the final performance. Go A&T!!

- **Alley Cats Strike (2000) - Disney+**
  We just want to bowl for the love of the lanes, and so what if bowling attire is our power look? Look closely and you’ll see a young Kaley Cuoco. Plus, the ending!! Sykk.

- **Get a Clue (2002) - Disney+**
  Young Lindsay Lohan & Brenda Song as detectives on a missing teacher case? Sign me up to sleuth!

- **Double Teamed (2002) - Disney+**
  Based on the real-life story of twin WNBA players, Double Teamed is a film you want to re-watch.

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*Mo’s Weekly Watchlist*

Mary Moses Hitt

Need to Know
if only to see the Burge sisters’ specialty basketball move. You know the one.

**CLASSICS**

**Zoolander (2001)**
Blue Steel defined the decade. Case in point.

**Pride & Prejudice (2005) - Hulu**
Will duel anyone who believes another version reigns superior to this one. Casting, cinematography, costumes, score are sheer perfection. It’s also my favorite movie, so I’m completely bias and untrustworthy.

**School of Rock (2003)**
Richard Linklater blessed us with substitute teacher Mr. S (Jack Black) exchanging math for guitar lessons and turning these uptight, private school kids into a Rock N Roll band.

**The Dark Knight (2008)**
DC Universe 2019 gave us a disturbing, timely Joker starring Joaquin Phoenix, sparking many a debate comparing it to Heath Ledger’s portrayal of the same character in this film. I argue apples to oranges on this comparison, but Ledger’s performance is as incredible as this whole trilogy directed by the legendary Christopher Nolan.
Critic’s Corner
REVIEWS BY SHANU

ONWARD

With the COVID-19 pandemic and social distancing, your new normal may be characterized by spending more time than usual with your family. A family-friendly flick like Onward is the perfect movie choice to reconsider your attitude and rekindle your appreciation for your loved ones when you get annoyed by your parents’ or your dog’s constant presence (or in my case, vice versa).

In a present-day enchanted world when magic has been forgotten, Ian (voiced by Tom Holland) and Barley Lightfoot (voiced by Chris Pratt) are given a staff that their late father had instructed to be presented to Ian on his 16th birthday. Ian decides to cast a spell that will bring his father, who had passed away while Ian was only a baby, back for one day. When the initial spell is cast, only half of their father returns...literally. The incredibly opposite brothers, one who fears everything and the other who fears nothing, learn to trust each other and themselves while embarking on a dangerous quest to find a magical gem that will complete the spell (and their father’s body) and save their family.

Onward is a must-see story full of magic, love, and family that offers a poignant reminder that sometimes, what you’re seeking has always been right in front of you. The inspirational messages of self-love, not changing yourself, and instead changing how you view yourself are demonstrated in ways that are direct and pure enough for a 5-year-old viewer to learn while concurrently intricate and sophisticated enough for a 55-year-old to find relatable. It is my favorite animated movie since 2015’s Inside Out. And noooon, I wasn’t sobbing at the completely unanticipated ending. You were.

Shanu Moorthy and Joyce
4th year | Medicine

The Mountains Sing | by Nguyễn Phan Quế Mai

The Mountains Sing, goes down with the best of the best. It isn’t East of Eden and a Pachinko of a novel. Filled with all the sweetness, suffering, and got one family can muster to stay together. A multi-generational epic set in war torn Vietnam, love for family defeats bombs, rape, agent orange, separation (physical and emotional), political ties, and everything in between. An exploration how mothers love their children, and how children grow beyond their circumstances. The Mountains Sing is as perfect of a story as you’re going to come across in 2020. On top of that, it offers a rare literary glimpse for Americans into The Vietnam War from a very different perspective than most of us born and raised in Mississippi’s heard growing up. Read this book, buy it for your friends, share it, love it, treasure it, because it’s a gift.

This one gets every single star out of 5 from me and would keep on giving them if you’re an audiobook fan. I think some extra richness would come through hearing the book read—there are a lot of wonderful Vietnamese phrases and names that I would love to hear aloud. Also, if you’d like to do a read aloud, the Coronavirus Book Club is currently reading this book together with a planned Instagram Live event last April/early May with the author! Just follow @coronavirusbookclub on Instagram.

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Shanu Moorthy and Joyce
4th year | Medicine

Recent Resident Reads

by John Caleb Grenn, MD
Med/Peds PGY 3

The Mountains Sing | by Nguyễn Phan Quế Mai

If this book was a gun, it would be compact, hold one single shot, but I don’t think it would ever miss. In rough-and-tumble Texas just a few years after the Civil War ended, Jefferson Kyle Kidd, a 71 year old 4-time-war veteran is making his rounds through dusty small towns reading news from all over the world. But ends up agreeing to take a 10 year old girl on a 400 mile journey south to her family. The catch, she was kidnapped by Kiowa Indians 4 years earlier and remembers nothing of her former childhood. You don’t want to miss this journey of a vagabond cowboy and his companion through the unimaginable backdrops of what truly reads as the Wild West. This book was a finalist for the National Book Award in 2015, and the author has a new novel being released this month called Simon the Fiddler—a character you may just meet along the southward trek of Kidd and his buddy. Wait, did I mention this is going to be made into a movie starring Tom Hanks in December 2020? Yeah, there’s that too. 5/5 stars and some excitement about looking forward to going to a movie again one day!

Note from the reviewer: This COVID-19 scare affects everyone. Sometimes, it hard to sit down and get off Twitter long enough to read a book. That’s understandable, no one would blame you. But when you can, remember that in a time where we must all distance ourselves, books are good tools to go to when we need to reconnect with humanity. Remember to shop local—Lemuria Books in Jackson would love to bring one of these books out to your car, and money they gets goes right into the pockets of Jacksonians, saving our bookstores, restaurants, bars—our community. That’s something we can all agree is a good thing.