Hi everyone,

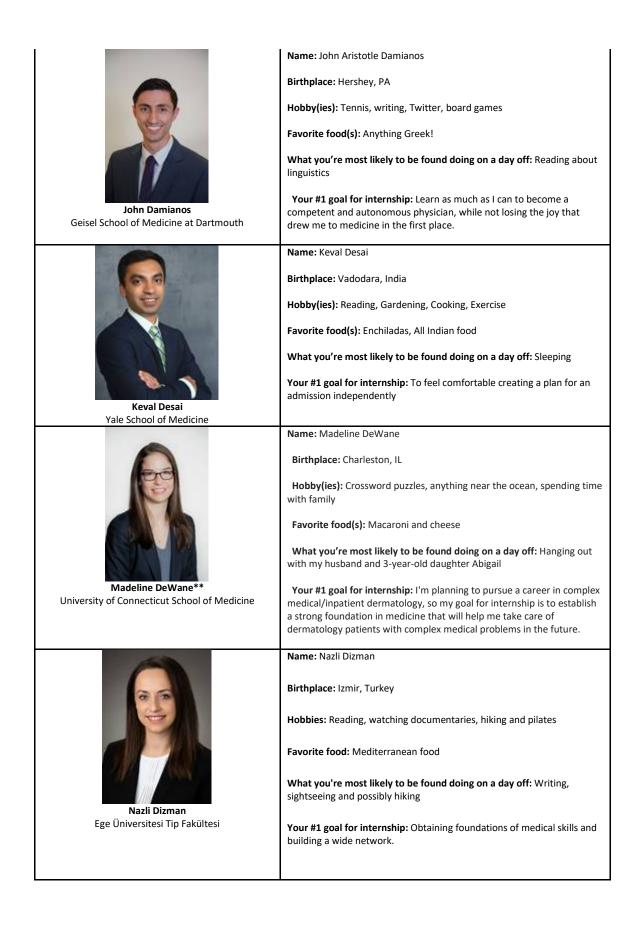
If the last few weeks have taught us anything, it's that people are our most precious resource. Your contributions are vital, and nothing is more important than keeping you well.

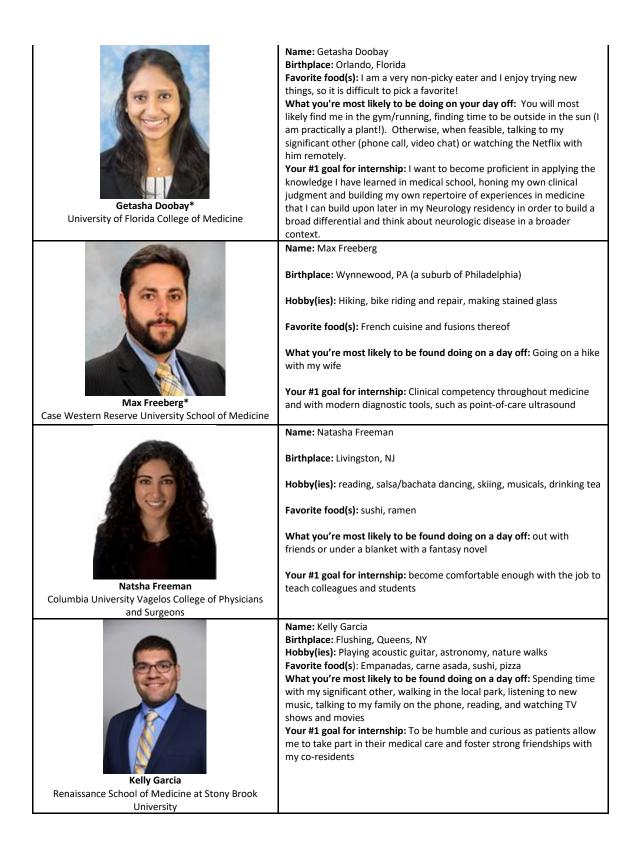
In just three months, 59 interns will join our family. Like you, they are immensely talented. Like you, they come from near and far, their interests are diverse, and they have fascinating stories to tell.

What a perfect morning this is to let them introduce themselves: (\*Prelim-Neuro, \*\*Prelim-Medicine, +Prelim-IR, ^Physician Scientist Track)

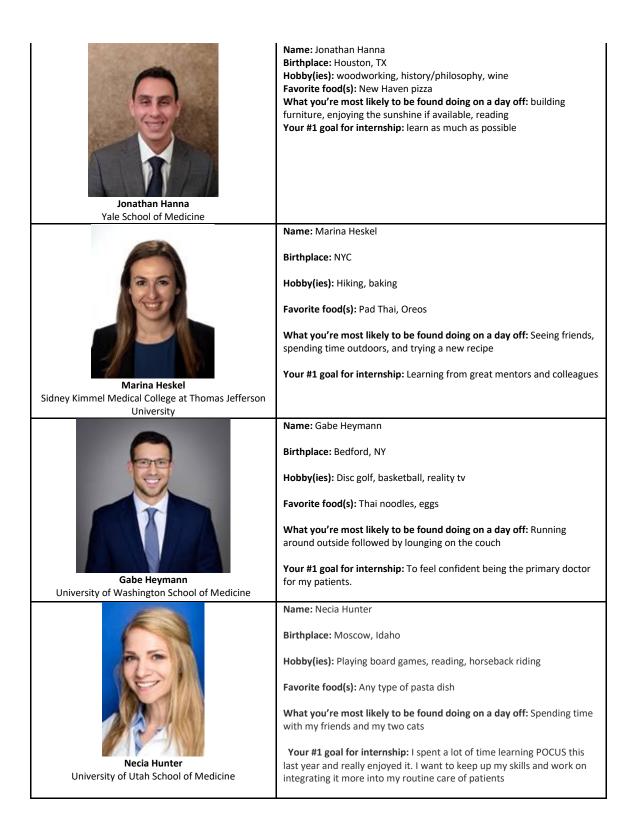
	Name: Narges Akhlaghi
	Birthplace: Isfahan,
0	Hobby(ies): Snow boarding, Hiking, Cycling
-	Favorite food(s): Sushi, Kabob, Sea food
Narges Akhlaghi	What you're most likely to be found doing on a day off: I would like to spend time with my family and friends whenever I get the chance. I also like to take day trips and visit new places. I might also catch a show of one my favorite artists or go to a music concert. Your #1 goal for internship:
Tehran University of Medical Sciences School of Medicine	I look forward to meet my new colleagues and work with my team. I would also like to take the opportunities available to me to build upon my skills and take advantage of my mentors' expertise to become a competent physician.
	Name: Cecily Allen
	Birthplace: Louisville, KY
	Hobby(ies): Knitting, cooking, skiing (snow and water), outdoors, exercise
2	Favorite food(s): Avocado! What you're most likely to be found doing on a day off: participating in outdoor activities or cooking
Cecily Allen University of Louisville School of Medicine	Your #1 goal for internship: To exceed expectations with regards to learning and providing patient care
Evan Angelus New York Medical College	Name: Evan Angelus Birthplace: Manhattan, NY Hobby(ies): Rock Climbing, Hiking, Mountain biking, Skiing Favorite food(s): Kraft Mac & Cheese, Greek Food What you're most likely to be found doing on a day off: Anything outside Your #1 goal for internship: To make life-long friends.











Fabel Ilagan-Ying         Yale School of Medicine	<ul> <li>Name: Ysabel Ilagan-Ying</li> <li>Birthplace: Norristown, Pennsylvania</li> <li>Hobbies: Fitness (HiiT, barre, yoga &amp; spin), interior decorating (aka. spark joy with friends), baking, rewatching Scrubs/The Office/anime/the latest Sci-Fi Netflix show with my husband</li> <li>Favorite Foods: Mangoes, sushi, all Filipino dishes (especially adobo), and bubble tea!</li> <li>What you're most likely to be found doing on a day off: Sleeping in, jumping into a fitness class (text me if you need a workout buddy!), watching Queer Eye/interior design shows for home inspiration, and/or hiking with my dog Ollie(maybe some chores in-between)</li> <li>Your #1 Goal for Internship: Stay positive!</li> </ul>
Eauren Kascak*         Geisel School of Medicine at Dartmouth	<ul> <li>Name: Lauren Kascak</li> <li>Birthplace: Trumbull, CT</li> <li>Hobby(ies): Running, hiking, crocheting blankets, reading literature, writing, black and white photography</li> <li>Favorite food(s): Eggplant parmesan, pasta-with-anything, VT "Gore-Dawn-Zola" cheese</li> <li>What you're most likely to be found doing on a day off: hiking with my fiancé in the White Mountains, on a long run, or playing with my geriatric cat</li> <li>Your #1 goal for internship: To learn to deliver evidence-based, efficient, and comprehensive care to patients while maintaining my curiosity around who they are as individuals.</li> </ul>
Ramya Kaushik University of Rochester School of Medicine and Dentistry	<ul> <li>Name: Ramya Kaushik</li> <li>Birthplace: Boulder, Colorado</li> <li>Hobby(ies): cooking/eating, traveling, discovering new restaurants, running</li> <li>Favorite food(s): Thai cuisine or bagels</li> <li>What you're most likely to be found doing on a day off: Foraging through Trader Joe's and trying a new recipe from a cookbook</li> <li>Your #1 goal for internship: Be forgiving with myself, and use every mistake as an opportunity for growth!</li> </ul>
Charles Kenworthy <sup>A</sup> Albert Einstein College of Medicine	<ul> <li>Name: Charles Kenworthy</li> <li>Birthplace: Peekskill, NY (about 1 hour North of NYC by car)</li> <li>Hobby(ies): Reading (recently Sula, The New Cool, and currently History of the Medieval World), walking, bird watching (mostly lake fowl)</li> <li>Favorite food(s): Indian and Greek, but I like many foods.</li> <li>What you're most likely to be found doing on a day off: reading, walking/bird watching, trying to do some strenuous cardio, a movie (most recently Contagion, the Two Popes, and Marriage Story) or TV show (most recently Mandalorian, Witcher, and Star Wars the Clone Wars) in the evening.</li> <li>Your #1 goal for internship: To read at least 1 paper a day.</li> </ul>

	Newson Course Konserver
	Name: Sarah Korones
	Birthplace: Rochester, NY
	Hobby(ies): Baking, crossword puzzles, running
	Favorite food(s): Chocolate chip pancakes
	What you're most likely to be found doing on a day off: Exploring new
	restaurants
	Your #1 goal for internship: Surviving to second year
Sarah Korones University of Rochester School of Medicine and	
Dentistry	
	Name: Swathi Krishnan Birthplace: Stamford, CT
	Hobby(ies): Bharatanatyam (Indian Classical Dance), jewelry making,
2.0	baking vegan desserts, cooking, reading, exploring new cities Favorite food(s): Banana bread cinnamon rolls (they're vegan and a
	specialty of mine!) What you're most likely to be found doing on a day off: Trying out a
	new vegan recipe!
and the second of the	Your #1 goal for internship: Feeling comfortable taking care of 8-10 patients at a time, while still relying on my co-interns, seniors, and
	attendings if I need to.
Swathi Krishnan	
Geisel School of Medicine at Dartmouth	Name: Brandon Lee
	Birthplace: Warren, New Jersey
	Hobby: Long bike rides along the lake, cooking new recipes each week! Found doing on day off: doing my hobbies! Reading one of the many
	books I've had on hold for months/years #1 goal for internship: Do the best I can for my patients and colleagues
	#1 goar for internship: Do the best i can for my patients and coneagues
Brandon Lee^ University of Chicago Division of the Biological	
Sciences The Pritzker School of Medicine	
	Name: Luke Legakis
	Birthplace: Stony Brook, NY
	Hobby(ies): Soccer, hiking, trail-running, reading, boardgames, and
	surfing.
	Favorite food(s): Ramen or pho.
	What you're most likely to be found doing on a day off: Taking a hike or
	going for a run with my dog, Milo.
Luke Legakis	Your #1 goal for internship: Do the best job I can for my patients.
Virginia Commonwealth University School of Medicine	
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	Name: Lou Levine
60	Birthplace: Brookfield, CT
	Hobby(ies): Running, racquetball, yoga, playing piano, staying up-to- date on current events
	Favorite food(s): any and all Mexican food
	What you're most likely to be found doing on a day off: Sleeping in, gym and groceries, cooking a nice meal, and socializing with friends
Lou Levine Pennsylvania State University College of Medicine	Your #1 goal for internship: stay afloat, and become more efficient while establishing meaningful relationships with patients
	Name: JP Mikhaiel Birthplace: Englewood, NJ
	Hobby: running, hiking, working out, reading, writing, spending time
20	with friends Favorite Food: anything Mediterranean, especially hummus and baba
	ghanoush What you're most likely to be found doing on a day off: exploring a
	new coffee shop, taking a walk through the city, reading books Your #1 goal for internship: fully taking ownership of my patient care
	and reflecting with gratitude for those experiences
JP Mikhaiel*	
Georgetown University School of Medicine	
	Name: Emily Moss Birthplace: Cincinnati, OH
	Hobbies: Cooking, yoga, tennis
	Favorite foods: anything Italian What I'm most likely to be found doing on a day off: trying a new
	recipe My #1 goal for internship: Grow in my autonomy as a primary provider,
	display confidence in everyday medical decision-making, and develop
and the second	my role as a mentor with medical students
Emily Moss	
University of Cincinnati College of Medicine	Name: Peter Natov
	Birthplace: Newton, Massachusetts
	<b>Hobbies:</b> spending time outdoors hiking, running, or biking; watching movies; listening to music and sports talk radio
	Favorite foods: basically anything Mediterranean like Greek and Turkish
	cuisine Most likely to be doing on a day off: hanging out with friends, watching
	a new movie, spending time outside <b>#1 goal for internship:</b> develop as much independence as possible in
	clinical decision-making
Peter Natov Tufts University School of Medicine	
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Anna Qian         Columbia University Vagelos College of Physicians and Surgeons	<ul> <li>Name: Anna Qian</li> <li>Birthplace: Wuhan, China</li> <li>Hobbies: tennis, piano, sewing</li> <li>Favourite foods: corn on the cob, bubble tea, cashews</li> <li>Most likely doing on a day off: sleep with all alarms off, then do something active</li> <li>#1 goal for internship: build all the skills and relationships to become a superb PGY-2!</li> </ul>
Faumik Rahman+         Georgetown University School of Medicine	<ul> <li>Name: Saumik Rahman</li> <li>Birthplace: Hiroshima, Japan</li> <li>Hobby(ies): Cooking, Exploring breweries, Hiking</li> <li>Favorite food(s): Sichuan Chinese Cuisine</li> <li>What you're most likely to be found doing on a day off: The beach (weather permitting!)</li> <li>Your #1 goal for internship: Developing a solid toolkit of clinical reasoning and judgement to provide the best care to my future patients</li> </ul>
	Name: Nischay Rege
	Birthplace: Mumbai, India Hobby(ies): Cooking, playing sports, video games, reading Favorite food(s): Stuffed eggplant curry
	What you're most likely to be found doing on a day off: trying to cook a new creative meal
Nischay Rege^ Case Western Reserve University School of Medicine	Your #1 goal for internship: My goal is to expand my medical knowledge and to be able to take care of a large number of patients at the same time.
	Name: Alexandra (Lexie) Schwann
	Birthplace: New Haven, CT at Yale-New Haven Hospital (how fitting!)
	Hobby(ies): Reading, Running (sometimes), Singing, Baking, Traveling
	Favorite food(s): Mashed Potatoes, Eggplant Parmesan, Ramen
	What you're most likely to be found doing on a day off: At a park tucked into my favorite book
Lexie Schwann The University of Toledo College of Medicine and Life Sciences	Your #1 goal for internship: I want to become proficient at managing common medical presentations in both inpatient and outpatient settings.





Fatalia Tijaro Ovalle         Universidad de Los Andes Facultad de Medicina (Colombia)	Name: Natalia Tijaro-Ovalle Birthplace: Bogota D.C., Colombia Hobbies: Art history, film photography, Latin-American literature Favorite food: Thai food What you're most likely to be found doing on a day off: Catching up with my favorite podcasts (The Happiness Lab, 13%, Up First, DianaUribe.fm) or series (The Marvelous Mrs. Maisel, Peaky Blinders) Your #1 goal for internship: Help someone new every day.
Fifan Wang+         University of Illinois College of Medicine	<ul> <li>Name: Yifan Wang</li> <li>Birthplace: Liaoning, China</li> <li>Hobby(ies): Rock climbing, yoga, piano, cooking</li> <li>Favorite food(s): Lobsters, Italian, authentic Chinese food, especially Sichuan style, Indian, Japanese, Korean, Mexican, and many more I have not tried!</li> <li>What you're most likely to be found doing on a day off: I am most likely climbing outdoors on a day off. Climbing is my passion and meditation, and being outdoors clears my mind. As a Chicago resident who did not have access to mountains during medical school, I am thrilled to live in the Northeast! In the past, I have climbed in Rumney, and the Gunks where the climbing was spectacular, and I cannot wait to live close by.</li> </ul>
Kevin Wheelock         University of Michigan Medical School	<ul> <li>Your #1 goal for internship: I always want to become a dependable physician no matter what specialty I practice. I hope to productively utilize my intern year to develop a solid foundation for disease management and clinical reasoning that will benefit my patients in the future.</li> <li>Name: Kevin Wheelock</li> <li>Birthplace: Ann Arbor, MI</li> <li>Hobby(ies): cooking, skiing, reading science fiction novels, playing board and video games, building computers</li> <li>Favorite food(s): Pizza!</li> <li>What you're most likely to be found doing on a day off: spending time with family</li> <li>Your #1 goal for internship: Be comfortable managing critically ill patients</li> </ul>
File White*         University of Utah School of Medicine	<ul> <li>Name: Milo White</li> <li>Birthplace: Phoenix, Arizona</li> <li>Hobby(ies): Board games, reading (big fan of science fiction and fantasy), hiking, racquetball</li> <li>Favorite food(s): Thai curry, bbq chicken pizza, any sort of baked dessert</li> <li>What you're most likely to be found doing on a day off: Reading, hiking, hosting board game nights</li> <li>Your #1 goal for internship: Continue to grow as a physician, absorb as much knowledge of general medicine as possible before starting my neurology residency</li> </ul>

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	Name: Ishaq Winters
	Birthplace: Atlanta, GA
	Hobby(ies): Photography, videography, fishing, soccer, pool/billiards
	Favorite food(s): Ethiopian food
	What you're most likely to be found doing on a day off: Exploring the city with my wife and kid
<b>Ishaq Winters*</b> Duke University School of Medicine	Your #1 goal for internship: Soak in as much as I can
	Name: Kevin Yan
	Birthplace: Beijing, China
25 9	Hobby(ies): Football, esports
	Favorite food(s): Neapolitan pizza
	What you're most likely to be found doing on a day off: Netflix
	Your #1 goal for internship: Build a strong base in IM
Kevin Yan* University of Massachusetts Medical School	
Danish Zaidi         Wake Forest School of Medicine of Wake Forest         Baptist Medical Center	<ul> <li>Name: Danish Zaidi (Don-ish Zay-dee)</li> <li>Birthplace: Karachi, Pakistan</li> <li>Hobbies: Basketball, poetry, Marvel comics, and appeasing my sweet tooth</li> <li>Favorite food(s): Pad Kee Mao, Pizza, Bouillabaisse, and Talenti</li> <li>What you're most likely to be found doing on a day off: Going to a museum or playing basketball</li> <li>Your #1 goal for internship: Finding joy in learning and practicing medicine</li> </ul>
-	Name: Yapei (Rosie) Zhang
	Birthplace: Tianjin, China
	Hobby(ies): Social dancing, drawing and painting, learning languages
	Favorite food(s): Love to eat all sorts of things, but savory over sweet!
	What you're most likely to be found doing on a day off: Drinking tea and hanging out with friends, cooking, and dancing.
<b>Rosie Zhang**</b> Yale School of Medicine	Your #1 goal for internship: Learn as much as I can, have a lot of fun, and make lifelong friends!

Enjoy your Sunday, everyone. Stay well, Mark

Mark D. Siegel, MD, FCCP, FACP Professor of Internal Medicine Pulmonary, Critical Care & Sleep Medicine Yale School of Medicine

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