by Shashi Kapadia

It was a hot summer day in Verona Park when the current residents of NJMS gathered to welcome the incoming class of first year residents. After a long week of orientation, lectures, getting access codes, and innumerable trips to the ID and parking office, the new interns finally got a chance to kick back and socialize together. Gathering at the Boathouse in Verona Park, a classy lakeside establishment, the current residents at NJMS formally laid out a warm welcome.

The new interns, hailing from all parts of the globe, from Little India in Edison, NJ to actual India in India, feasted on catered Italian food, responsible nonalcoholic beverages, and a giant cake courtesy of our Chief Medical Residents.

There were plenty of familiar faces too, as some of NJMS’ finest former medical students met their new, soon-to-be colleagues. A rousing volleyball game ensued, joined by new interns, new residents, and even our program director himself! Sean Sullivan, PGY2, proved himself to be a bocce ball force to be reckoned with. Dr. Victor Chang even made an appearance, to welcome the faces he would soon be seeing on 9A. The event was followed by an after-party at Egan and Son's in Montclair, watching NBA finals, and chatting long into the night.

It isn't just new interns that we are welcoming, though. NJMS and University Hospital are rife with exciting change as some of our former residents and fellows graduate and become new faculty. Dr. Lizza Bojito, Dr. Susana Tapia, and Dr. Dorothy Castro are all, no doubt, thrilled to continue being at UH in July. As the 1990s classic hit by Semisonic, Closing Time, said, “Every new beginning comes from some other beginning’s end.” We are all excited to welcome faces both old and new for their new beginnings this July!

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A flurry of political debates and deal making have taken place over the past few months, mostly towards NJ Higher Education restructuring. Through this, UMDNJ will essentially become absorbed into the Rutgers University system in a concerted effort to strengthen the State University system as well as the State itself.

University Hospital shall remain the principal teaching hospital of Newark-based medical education programs, including those of NJMS and NJDS. It, however, will now be its own separate nonprofit corporate entity with assets not "consolidated or commingled" with that of Rutgers University. Rutgers University will assume the remaining debt from UMDNJ, approximating $500 million.

UMDNJ's School of Osteopathic Medicine would be added into Rowan University under governance of a dual Rutgers-Rowan board, which would make Rowan only the second full-purpose University with both an allopathic (Cooper) and osteopathic medical school in the nation.

This part of the legislation, however, still seems to create significant controversy, especially among the D.O. community who preferred to be incorporated with the rest of UMDNJ into Rutgers.

The Rutgers-UMDNJ merger will take effect July 2013 once it is passed by the Rutgers Board of Trustees and Board of Governors. Until then, the anticipation of joining Rutgers, a world class academic institution, will provide the campus much excitement and limitless potential for our program.
**Beware of Zombies & Bath Salts**

by Monika Holbein

Imagine this—on a warm Miami day, as you’re walking down the street, you see a man chewing off the face of a homeless man. What’s your first thought? Zombie! Fortunately, the movies have not turned into real life, but unfortunately, this was still a true story caused by a potent and deadly new street drug, notoriously known as “bath salts.”

Other stories have not been as graphic, but are still equally tragic. Recently, a mother choked and punched her 3 year old son while ‘high on bath salts’ and died soon after she was tasered by police. In Louisiana, a man was arrested when he bit off a piece of his neighbor’s cheek, which a friend also blamed on bath salts. And less physical, but just as traumatic, a man in North Miami allegedly stripped and exposed himself to a three-year-old girl in a park while on the drug.

3,4-Methylenedioxypropylarone, otherwise known as “bath salts,” is a newer synthetic drug that is being sold in some tobacco stores around the country. States are taking action to make it an illegal substance and have succeeded in some cases.

The first reported death in the USA was published as a case report in the Journal of Medical Toxicology in January 2012. They reported that the patient became uncontrollable, delusional, and aggressive before being taken into police custody after being subdued with a taser three times. He had diluted pupils, tachycardia, and his EKG showed sinus tachycardia, widened QTc and peaked T-waves. The peaked T-waves persisted throughout transport. On arrival to the hospital, he was still very agitated, then suddenly became silent, and within five minutes went into PEA arrest. CPR was administered, and the temperature was found to be 105.4°F.

The patient regained a pulse but was declared brain dead. There is only supportive care, including ventilation of symp-toms—delirium with agitation, hyperthermia, tachycardia, tachypnea, and cessation of struggling followed by cardiac arrest, is now known as Excited Delirium Syndrome. This is most likely a result of dys-regulation of dopaminergic pathways.

There is no specific management for Bath Salts ingestion. There is only supportive care, caring for the patient’s organic and psychiatric symptoms, and hoping we never have to see zombies in New Jersey.

**2012 Research Day**

by Kristin Wong

Research Day was a great success this year. On Thursday, May 17, 2012, the NJMS Department of Medicine hosted a full afternoon of oral and visual research presentations. Out of an amazing 101 abstracts that were submitted, 6 were chosen for oral presentations, and all were presented as posters.

Several residents took this opportunity to really show off their scientific pursuits and a few of them were fortunate enough to win awards for it.

Sejal Gandhi, winner of “Best Clinical Case Poster,” had this to say, “It was an honor to win for our project entitled ‘One Flu Over the Cuckoo’s Nest: A Rare Adverse Reaction to the Influenza Vaccine.’ Our case described a young healthy gentleman, who after receiving the flu vaccine, developed Idio-pathic Thrombocytopenic Pur-pura (ITP). This case was an interesting clinical entity as physicians should be aware of the potential adverse effects of the flu vaccine, and I enjoyed working with my senior Kristin Wong and Dr. Kothari on this poster.”

George Nahas, winner of “Best Oral Presentation,” also had a good experience presenting his research on breast cancer cells. “Overall research day was a great opportunity to share my labora-

The other winners included Wojciech Rudzinski for his oral presentation titled “Usefulness of con-ventional risk factors for coronary artery disease in preopera-tive risk assessment before orthotopic liver transplantation,” Leidy Isenalumbe for her research poster titled “Exosome Mediated Transport of microRNA from Mesenchymal Stem Cells to Breast Cancer Cells,” and Sreelatha Naik for best clinical case poster titled “Folly of the ‘Health Con-scient’ Patient.”

With the new intern class to add to the mix, we look forward to another impressive Research Day in 2013.
by Ryan Chadha

As the sun beamed through the windows of the Grand Foyer of New Jersey Medical School on June 7, 2012, the Department of Medicine hosted its annual Housestaff Commencement.

Crowds of family members joined faculty and hospital staff in celebrating the amazing house officers and fellows. For some, this ceremony represented a lifelong dream coming to fruition; while for others, it was merely a stepping stone into a future of unknown possibilities. With glistening helium filled balloons floating through the air and an excited chatter humming in the audience, Dr. Marc Klapholz, the new Chair of the Department of Medicine, anointed the ceremony with his words of wisdom for all of the graduates.

After the various subspeciality fellowship graduates were recognized, our beloved program director, Dr. Neil Kothari, took the podium and began the roll call of the graduating Class of 2012, and each of our residents stepped forward and accepted their certificate of completion with pride and grace.

Certificates were also awarded to interns, residents, and fellows with achievements in research, teaching, and humanism over the past year. Hayder Hashim received the “most scholarly resident” and the “best teaching resident” awards, while Jose Chur-rango also swept the awards by winning “most humanitarian resident” and “excellence in clinical skills.” Other winners included Sean Sullivan for “outstanding professionalism,” Tariq Niazi for “intern of the year,” and Jorge Dolojan for “best teaching fellow.”

Following the ceremony, under a star-filled sky, residents and faculty found their inner fashionista for evening wear, and traveled to the elegant Wilshire Grand Hotel for the Commencement Reception.

After a serenade of cocktails in the candle lit foyer, everyone was entertained by a video and slide show (made by our lovable chief residents) poking fun at the nuances of our graduates, as well as spotlighting some unforgettable impressions of the legendary Dr. Kapila. As the party continued, the annual Faculty of the Year awardees, Dr. Vivek Vadehra of UH, Dr. Weekon Choi of Hackensack, and Dr. Ralph Oriscello of the VA, were recognized for their achievements in teaching.

After partaking in a delicious multi-course dinner and dessert, the residents (even joined by a few intrepid faculty) made the dance floor their home for the remainder of the evening. It was a glorious conclusion to another successful year for the Department of Medicine, and it was a fitting cast-off to all of the graduating physicians as they embark on their careers throughout the various fields of Internal Medicine.

Who’s Who Among Medicine Attendings - Marc Klapholz, MD

Now the new Chair of Medicine here at NJMS, Dr. Marc Klapholz has always been an inspiration to other physicians, and looking further into his background, it’s not hard to see why.

Dr. Klapholz is a true “new yorker,” born in New York City, New York. Raised by a teacher (his mom) and diamond cutter (his dad), he grew up in Manhattan with his older brother, now a pulmonologist across the Hudson. Recounting his youth, Dr. Klapholz recalls a time when he and his brother were in a skirmish. In retaliation, objects were thrown hitting the family’s large, 30-gallon fish tank. Water and fish subsequently poured out, covering the apartment floor. Needless to say, Dr. Klapholz has never had another pet since, however, would probably prefer a dog over a cat.

Dr. Klapholz attended Albert Einstein College of Medicine for medical school, then St. Luke’s Hospital for internship. He returned to Einstein to finish his residency career and stayed there for his Cardiology Fellowship, Interventional training, and the NIH Heart Failure program. He also returned to St. Luke’s Hospital to complete an Advanced Echo Training program.

When asked about his proudest moment in medicine, Dr. Klapholz tells a heartfelt story about a patient dying of metastatic prostate cancer, whom he saw as an acting intern. The patient’s last wish was to see his daughter deliver his grandchild. Undoubtedly, through long nights and difficult medical decisions, they were able to grant his wish and keep him alive long enough to see his new granddaughter, before passing away peacefully, just hours later. Dr. Klapholz describes this event as, “One of those cases that really confirms your reason for becoming a doctor.”

As a 2nd year resident, Dr. Klapholz decided to become a cardiologist during his CCU month with his mentor, Dr. Thierry LeJentel. Dr. LeJentel has been known for his work in cardiology and specifically heart failure. Since then, the two have become great colleagues and friends.

Dr. Klapholz has set a few records of his own, one being his shortest door-to-balloon time of 17 minutes. He has also acquired a few hobbies as well, including the collection of original medical texts, playing chess, and cycling. One of his memorable cycling trips was biking from Banff to Jasper across the Rockies.

Nowadays, you can spot Dr. Klapholz all throughout the hospital, hosting CPCs, rounding in the CCU, discharging patients from the ED, etc. When you see him, consider asking him to retell some of his amazing stories over an ice cold Diet Coke.
American Heart Association

Learn and Live™

by Hayder Hashim

The Annual AHA Wall Street 3mi run is a great NYC event that takes over the financial district streets for one night every summer.

The race used to be called “running with the bulls,” originally due to Merrill Lynch’s title sponsorship for many years. This year’s race, held on May 31st, was super hot! Not because it was 87°F with 57% humidity, but because The University Hospital team was there, running and walking with their big warm hearts.

Our team this year, as opposed to last year, had significantly grown up; from not only tens but to hundreds and thousands of participants...yeah, right! Actually, the census was close to 40 members from all aspects of our beloved hospital.

A bunch of cool and hardcore athletic residents, like Jose Churrango, participated. Chief Residents, fellows, nurses (especially Comfort from I-Blue), APNs, attendings and sonographers were also there. With a 7:00 pm start we arrived at the standing corrals at around 6:59 pm, all equipped with our iPods and great collections of all kinds of music: Indian, Greek, Nigerian, Pakistani, Polish, and of course, the Iraqi Hip Hop version of “Call Me Maybe.”

We started the race a bit past 7:00 pm and the last thing I remember after was me huffing and puffing at the 1 mile mark, inhaling what was left over from Ike’s dust. This muscular long-legged Nigerian dude was like a tomahawk missile! He launched shortly after the start line, flying over runners’ heads and pushing the crowd around while texting and posting pictures on Facebook. He finished in an extraordinary yet anonymous time as he did not wear his “Run Tag.” Of course, no one finished last as we all were winners at the end.

Now, for your boards please remember that cardiovascular disease is the No.1 killer of all Americans - in fact someone dies of CVD every 38 seconds. Starting July 1st, for EKGs, Echos, CHF exacerbations, and chest pains, please contact Adam Raskin. For chill nights out please do not hesitate to contact Hayder Hashim.

2nd Annual Oriscello Invitational

by Katherine Kim

BRRINNG!!! The alarm clock reads four am. Am I on service? Am I on call? Neither. Today is the second Oriscello Invitational— a 5am 5k Run. Since last year’s race, talk spread that there would be another. But it was a rumor no more as today was the day. The weatherman had predicted rain and sure enough dark clouds hovered above me. How would it affect today’s race I wondered.

I drove into the parking lot thinking I would be one of the first people there. I was sorely mistaken. A large crowd of residents and fellows stood with Dr. Oriscello in the pitch black June morning. There were both new and familiar faces from last year’s run. It was hard not to miss the outgoing VA chiefs Slawomir Sender and Geena Varghese. They wore the same outfits as last year-otherwise known as repeat offenders. With everyone anxious to start, we were soon off!

Escorted by New Jersey’s finest, the Cranford police made sure there were no stragglers left behind in this 3.1 mile run. Jason Zucker, NJMS alumnus and Med-Peds resident, captured the spirit of the moment with his professional camera. Ike Onyenemezu came in first, taking the title from our first year winner and former graduate, Kamran Ahmed. Couples Jose Churrango and Dorothy Castro along with Susana and husband Oscar Tapia took part as well. Indpartment Singh diverted from the course as he earnestly tried to find the mysteriously hidden camera Dr. O said would record our every move. Like a true trooper, Dr. Oriscello ran to the finish line, injured knee and all, with everyone cheering him on.

Afterward, we headed over to the Oriscello home for food and refreshments. At one point, I had to raise my voice to be heard amongst the laughter that filled the house. It’s safe to say everyone had a great time. The race is something that will surely be talked about for years to come.

I had once asked Dr. Oriscello what the G in his middle name stood for. He halfheartedly joked, “God,” but maybe he was right. The sun miraculously came and left with the race. The skies opened up soon after and it poured for the rest of the day. What other force of nature could get thirty residents and fellows to wake up at four in the morning?
**Hockey**  
by Jose Churrango

One of the best teams in the National Hockey League this past season actually plays in Newark, New Jersey. Their home is just a few blocks away from our beloved University Hospital—the Prudential Center, also known as “The Rock”…yes, you heard right…hockey being played in Newark!

The New Jersey Devils reached the Stanley Cup Finals beating the rivals from the Keystone state, the Philadelphia Flyers, and their cross-river archrivals, the New York Rangers. In both series, the Devils started with a loss, but were able to close in a convincing fashion winning 4 out of 5 games against the Flyers, and taking 4 of 6 games in the Conference Finals. Hopes were high in the pursuit of the franchise’s 4th Stanley Cup, since their opponent was the Western Conference’s 8th seed, the Los Angeles Kings.

The Kings, though, had plowed through their conference, becoming the first NHL team to enter the playoffs as the 8th seed and to eliminate the 1st and 2nd seeded teams in the conference. Maturity versus youthfulness, legacy versus voracity…The Jersey Devils exorcism gave way to the Kings coronation. The city of Los Angeles was jubilant to add to its repertoire of trophies—the Stanley Cup.

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**Basketball**

After being one of the worst teams in the National Basketball League (NBA), the New Jersey Nets may now become one of the best teams, and quite possibly THE team to beat. Ticket season holder for this up and coming team, Dr. Roger Keşhav, is ecstatic at the prospect that The New Jersey Nets (now Brooklyn Nets), will have Deron Williams and Joe Johnson leading his beloved team to the finals for the first time since the Jason Kidd era.

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**Euro Cup 2012**

by Jose Churrango

Many were entertained, others were disappointed, and some were not surprised...the UEFA (Union of European Football Association) 2012 champions, España and their fans, would tell you this was not an aberration but rather their destiny.

La Roja ("The Red"), as commonly referred, are the current reigning FIFA World Cup 2010 champions and winners of the European cup twice in a row. Esteemed sports commentators Adrian Padkowsky and Ahmad Yousaf, who followed the tournament closely and provided detailed analysis for each game, had mixed feelings about the results.

The surprise, we all agree, is not that Portugal or Germany were not in the finals, but that Italy made it this far. To put it into perspective, Italy was not supposed pass the 1st round—let alone make it to the finals.

I think I’m being too harsh. Climbing out of Group C was expected to be difficult, if not impossible, for the Italians, since Spain and Croatia were the favorite. The Italians, carried by their striker, Mario Balotelli, proved the non-believers wrong, while bringing hope to the Azzure’s fans and an entire country. No, this will not solve Europe’s financial crisis, but the wish is that this personal achievement can bring camaraderie among the people that makeup the European Union.

But Spain also had a commitment to meet, the weight of a nation, and fans who would definitely not accept defeat. Without a “true celebrity” striker in their starting squad, Spain tentatively navigated through their opponents, ultimately re-asserting their position as the best team in the world. Can we make a forecast of things to come for the 2014 World Cup to be held in Brazil? I am sure that the soccer community of South America will provide some resistance starting with the Olympics in London just a few weeks away.

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**2012 Highlights**

by Umair Ahmad

This past year brought a lot of excitement from the world of sports, from Lebron winning his first championship, Linsanity’s breakthrough performance, the Mets first no-hitter, to Eli Manning’s 2nd Super Bowl championship. In the coming weeks we will see the 2012 London Olympics with heroes like Michael Phelps, who is hoping to become the Olympian with the most medals won. We look forward to Tim Tebow’s debut as a NY/NJ Jet, the Yankees winning their 28th World Series, and the NY/NJ Giants high-fiving the internal medicine residents in their hometown hospital, at HUMC.
Who’s Who Among NJMS Residents - Teddy Markou, MD

Theodore (Teddy) Markou was raised in Dover, NJ located in northeast Jersey. He is an only child.

Teddy left Jersey at the ripe age of 18 to attend college in Maryland, where he attended Johns Hopkins University. There, he graduated *summa cum laude* with a degree in molecular and cellular biology. Graduating college from Hopkins, a place known for its cutting edge medical research, one could only imagine Teddy would pursue a career in medicine; however his dream of becoming a doctor began much earlier.

At age 14, Teddy was diagnosed with SLE (systemic lupus erythematosus). Lupus... a shocking and disturbing diagnosis that would scare any teenager. Initially upset by the diagnosis as physicians told him that he would have to quit some of his favorite activities, Teddy was determined to overcome his illness. He spent countless hours learning about his disease and how to best manage it. He also shadowed many local physicians as his research inspired him to help others and give back to the community. To this day, he continues to do professional Greek dancing, play soccer, and weight lift.

It is only fitting that Teddy's first days as a resident physician began at Hackensack—the place where he received his diagnosis and started dreaming of becoming a doctor. Finally, his dream has come true!

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Furka Flay

Wheat Berries with Strawberries and Goat Cheese

Recipe courtesy of Giada De Laurentiis

**Wheat Berries:**
- 2 cups soft white wheat berries, rinsed and drained
- 4 cups low-sodium chicken broth
- 4 cups water
- 1 teaspoon kosher salt

**Dressing:**
- 1/2 cup fresh orange juice (2 oranges)
- 1/3 cup extra-virgin olive oil
- 2 tablespoons orange zest (1 orange)
- 2 tablespoons agave nectar or honey
- 1/4 cup fresh mint leaves, chopped
- 1 teaspoon kosher salt

**Directions**

**For the wheat berries:** In a large saucepan, combine the wheat berries, chicken broth, water, and salt. Bring to a boil over high heat. Reduce the heat to a simmer, cover the pot and cook until the wheat berries are tender, 60 to 70 minutes. Drain the wheat berries in a colander and set aside to cool, about 15 minutes. Transfer to a salad bowl.

**For the dressing:** In a medium bowl, whisk together the orange juice, olive oil, orange zest, agave nectar, mint leaves, salt, and pepper until smooth. Pour the dressing over the wheat berries and add the strawberries, goat cheese, and walnuts. Toss until all the ingredients are coated.

In-House Connections

Look out for these recent NJMS residency graduates for your most pressing consults, questions, midnight calls, and urgent recommendations.

- Samiullah, GI
  “There’s no such thing as an urgent colonoscopy.”

- George Protopapas, GI
  “There’s no such thing as an urgent colonoscopy.”

- Adam Raskin, Cardiology
  “Please call Hayder.”

- Hayder Hashim, Cardiology
  “Please call Adam.”

- Catherine Koper, ID
  “Vanco & Zosyn, call me in the morning.”

- Marlyn Fernandez, Endocrine
  “Urgent consult??”
Deep Thoughts

by Umair Ahmad

Someone told my patient that laughter was the best medicine...I think that’s how I got TB.

I wonder if Preparations A through G were ever successful?

They say an apple a day keeps the doctor away...well, so does a purulent, pungent smelling, fungating mass. (Pee you!)

Stress Relieving Pets

by Anabella Moharita

There is evidence showing the positive effects that pets have on people’s health, and how in difficult times, pets can buffer the negative consequences of stress. At many times, residency can be stressful, but there are various outlets to manage this stress, and owning a pet is one of them.

Ginger is a 13-year-old Chihuahua from Brooklyn owned by Jose Churrango (UH chief) and Dorothy Castro (former IM resident and now hospitalist at UH). They describe Ginger as being a great addition to their life—she is there when they wake up, and she always greets them enthusiastically when they get home after a long day at UH.

Pets get stressed out too though, which just adds to their innocence and humbleness. Poor little Ginger’s weakness is thunderstorms. Furiously shaking to the point of inducing rhabdo, Ginger requires hugs and Jose and Dorothy’s cozy bed to sleep in until the thunder subsides.

Over the past 3 years of Dorothy and Jose’s residency, Ginger enjoyed Hackensack University Medical Center’s roasted chicken with corn as her favorite meal, loved snuggling with Jose (her favorite owner), and made enemies with Sami, one of our very own GI fellows and former IM resident.

So the next time you feel stressed, think about the various stress relieving methods including getting yourself a pet!
Chief Residents—Umair Ahmad, Jose Churrango, Natalie Furka, Anabelle Moharita, Aleksey Tentler, Madiha Tufail, Kristin Wong

Program Director—Neil Kothari

Suggestions?

Please send them to umdnjchiefs@gmail.com

Get to Know The Chiefs

Matching Game
For each correct match you get 1 point. At the end of the year, the person with the most points wins a prize! (Answers may be used more than once)

Favorite Movies
1. The Godfather A. Umair Ahmad
2. The Count of Monte Cristo B. Jose Churrango
3. Defiance C. Natalie Furka
4. Jab We Met D. Anabella Moharita
5. Titanic E. Aleksey Tentler
6. Sleepless in Seattle F. Madiha Tufail
7. The Thin Red Line G. Kristin Wong
8. Harry Potter—all of them

Favorite Foods
1. Nachos A. Umair Ahmad
2. Grilled Corn B. Jose Churrango
3. Rocky Road Ice Cream C. Natalie Furka
4. Nihari D. Anabella Moharita
5. Brownies E. Aleksey Tentler
6. Steak F. Madiha Tufail
7. Borsht G. Kristin Wong
8. Chinese chicken w/broccoli
9. Mom’s homemade pasta sauce

Submit answers to the Chief’s office with your name by Aug

Questions? Need to talk? Call us!

RCQ brought to you by:

Distinguished House Staff Awards

April:
Aesha Jobanputra
Rishi Mehta
Osama Tariq Niazi
Ahmad Yousaf
Lauren Blackwell
inderpreet Singh

May:
Debra Ehrlich
Stephanie Kim
Dina Khateeb
Osama Tariq Niazi
Neal Patel
Lauren Blackwell
Hayder Hashim
Leroy Cordero-Floyd
Sreelatha Naik

June:
Kavita Gupta
Morium Akthar
Michael Cho
Neal Patel
Rishi Mehta

Geena’s Joke Corner

How come patients with Rheumatoid Arthritis never need Viagra?

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