Upcoming Events

FYF Music festival Aug 27-28
ALL-LA conference, Sept 1
September - National EM day of service
Fall Retreat, Sept 27
ACEP Sci Assembly Oct 16-19
ACEP Alumni event Oct 17

Birthdays

AUGUST
Tyler Haertlein
August 5th
Alex Dyer
August 9th
Adam Gruner
August 9th
Greg Tong
August 11th
Tabitha Cheng
August 22nd

SEPTEMBER
Carter Wystrach
September 1st
Steff Brenman
September 9th
Jake Wilson
September 22nd

OCTOBER
Sneha Shrestha
October 21st
Jason Lu
October 24th
Maria Tamborski
October 29th
WELCOME TO THE NEW RESIDENCY TEAM

Introducing Dr. Rebecca Bavolek, by Dr. Hendey

Our new Program Director, Rebecca Bavolek, will be joining us in October from Washington University in St. Louis - just in time for our new recruiting season. I think all of our residents, staff, and faculty who met her knew that she was a natural fit for the UCLA family, and we're really excited to welcome her.

Rebecca is originally from Arkansas, and spent some time in engineering prior to medicine. She went to WashU for medical school, residency, and then stayed on as faculty, serving as Assistant Program Director the last several years. ACEP recognized her teaching talents and put her to work on the faculty of the ACEP Teaching Fellowship. Rebecca is an avid runner, and her husband and two young kids will join her in LA later, after the school year ends in St. Louis.

Scott Votey (1987) has been a committed PD for our program for many years, and he will continue to focus on teaching, and supporting the program as a faculty member and mentor. Richelle Cooper (1998) and Scott Lundberg (2004) will continue as Assistant Program Directors, and Gabrielle Stolwyk (new residency coordinator) and Jennifer Cassidy (new assistant RC) will round out our team. This is a very exciting time for our program and department.

Please join me in welcoming Rebecca and all of our new team members!

Thanks, Greg Hendey (1993)

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Our New Residency Coordinators

Yes, it's true, we do indeed have new Residency Coordinators at UCLA who started July 2016. We are happy to announce that Gabrielle Stolwyk is our new Residency Coordinator and that Jennifer Cassidy is our new Assistant Residency Coordinator here at UCLA. They are both very nice, energetic, bright, and so excited to join us in Emergency Medicine. Bonnie is helping with their transition, and they are already doing a great job!

Gabrielle joins us from the School of Public Health and is already familiar with many UCLA policies. She has a Masters in Education and has experience dealing with multiple levels of education.

Message from Gabrielle: Hi everyone! I’m excited to be joining the department as your new residency coordinator! Some things about me: I’m originally from Kansas City, Missouri so I consider myself your standard, nice Midwesterner who’s just grateful for SoCal sunshine. I moved to LA two years ago for my husband’s job with a music tech company, which is also when I joined UCLA in the Dean’s Office for the School of Public Health. I’ve got a tabby cat named Millie that I smother with affection, and I enjoy playing barista and making fancy lattes with my espresso machine. I’m very much looking forward to getting to know you this year; please feel free to reach out to me for anything and I’ll be happy to track down an answer for you.

Jennifer worked as a customer service representative (dealing with deadlines, multi-tasking and ever changing priorities) and also has a Masters in Higher Education and Administration.

Message from Jennifer: I am the new Assistant Residency Coordinator. Born and raised in California, I grew up in Riverside with my seven siblings (I am the baby of eight - four boys & four girls). Soccer was our family sport and I have been dancing for 20 years (Jazz, Ballet, Modern, Lyrical, Zumba and Hip Hop). Dancing feeds my soul and can always put me in a better mood. My mother, a retired first grade teacher, instilled in our family that education was the key to obtaining a fulfilling and influential life. I attended California State University San Bernardino and earned my bachelor’s degree in Sociology. About five years later I decided to go back to school so I could be a part of students’ journeys and earned my master’s degree in Higher Education Administration at National University. I am very excited to be a part of the UCLA Department of Emergency Medicine and am looking forward to assisting the residents during their time with us.
Dr. Bavolek was born in Madison but moved to Little Rock when she was six months old. She attended the University of Illinois Champaign-Urbana, obtaining a degree in Electrical Engineering and a minor in Bioengineering. After college, she spent five years working for a telecom company in Lisle, Illinois before entering Washington University School of Medicine. She stayed at WashU in St. Louis for her Emergency Medicine residency, and then she remained as core faculty as Assistant Program Director with a focus on the educational and curricular aspects of the program.

The UCLA-Olive View Emergency Medicine Residency is very excited to welcome Dr. Bavolek! She recently made some time to answer some questions that were selected from a list submitted by Jacob Lentz’s brain.

**What made you want to come to UCLA?**
I follow the Rams. Kidding – The real reason was the chance to join a dynamic faculty and help lead a wonderful group of residents was too good to pass up. With our move to department status, it’s a really exciting time to be at UCLA. And I think I’ve always had a West Coast soul. My husband and I travel to California frequently and we had no hesitation about moving here.

**What made you want to be a PD?**
As nerdy as it sounds, I really enjoy helping residents grow as emergency physicians. It’s an amazingly rewarding experience to be part of the education of young physicians who come in with the basics and leave your residency as experienced emergency physicians capable of handling anything that comes their way. Further, I like helping residents discover their passion in Emergency Medicine and helping them pursue it. Is it to be an excellent clinician? Researcher? Educator? Advocate? Subspecialist? It’s a pretty cool thing to think that I can be a part of the education of people who go on to help patients in so many different capacities. As an EM physician, we impact so many people’s lives in innumerable ways. As an educator, that impact goes up exponentially.

**Who will be joining you in Los Angeles?**
I will be starting October 1st with the rest of my family joining me in the spring after the school year is complete. My family includes my husband, Nathan; my two kids, Julianna (9) and Ryker (6); and my Bernese Mountain Dog puppy, Finn (short for Finneas Franklin Bavolek).

**Any specific Los Angeles things you want to try out right away?**
I think exploring the coastline, hiking, and outdoor activities are my focus. If you ask my kids, they pretty much want to go to Disneyland and figure out where Taylor Swift lives.

**Any areas of special interest in EM?**
My interests are in OB emergencies, which I have lectured on at the local, regional, national, and international level. My other interest is in resident education and teaching how to give effective lectures and presentations.

**What, in your mind, makes for a good residency experience?**
Variety of experience and exposure, room to grow into a thoughtful physician with independent thinking and style of practice, time to figure out what your passion is in EM, and the space to pursue it. And the ability to balance that with continuing to be a human being with friends, family, hobbies…in other words, a real life.
When you’re not in the ED or teaching, what do you do for fun?
I love the outdoors. I’m a runner and enjoy hiking. We have a boat and I like water sports (former wakeboarder, now wake surfer).

On the less active side, I enjoy wine tasting and craft beers (hence the running!). If I’m relaxing, I like reading or just hanging out with friends, preferably by the water or on the beach.

Coolest place you’ve ever visited?
The Tuscany region of Italy is so beautiful; it almost doesn’t seem real. I can’t wait to go back. Between the architecture and art in Florence, and the farms and vineyards of the countryside, the food and the wine…I almost didn’t come home!

Most dangerous thing you’ve ever done?
Moving to a new city 2,000 miles away where I know relatively few people?!?

Do you have a favorite book?
Is this like picking your favorite kid? I’m not sure I can! I’m a serial reader and depending on what I’m in the mood for, I read everything from biography to mysteries to the classics. Recently, I’ve made it *Game of Thrones* (no, I can’t sit still enough to watch the HBO series), some classics (currently on *Great Expectations*), and some basic New York Times best seller fiction if I just want to read some easy page-turner stuff. I’m not going to lie… I couldn’t get through the Hobbit or LOR. Tolkien broke me.

It broke a lot of us. I think that’s either in you or it isn’t. Any book you’ve read recently that really left an impression?
I, like many people lately, read *Night* by Elie Wiesel, a brutal account of survival in Nazi concentration camps. It is a stark reminder of the cruelty that humans can perpetrate on each other, and the capacity to endure and survive such atrocity.

I also read *Quiet: The Power of Introverts in a World That Can’t Stop Talking*. It discusses how much of the world undervalues the contributions of introverts in our society. As an educator, it made me cognizant of the “Extrovert Ideal” that exists and how to harness the creativity and energy of extroverts and introverts equally. Many introverts exist even within the chaotic world of emergency medicine!

Do you have a favorite movie?
Oh man, this is a hard one… A little secret is that I don’t really sit still long enough to watch a whole movie these days. If I’m sitting still for two hours, I fall asleep… Is that OK to stay when you are moving to the movie capital of the world?!?

It’s fine. Any favorite foods? Los Angeles is a lot of food talk.
I just like food… all kinds. You will probably mostly see me attempting to eat healthy stuff, but given the choice of junk food, I go for the salt (french fries, potato chips). What I don’t like? Pastries, donuts, and lemon flavored desserts. It’s always a sad surprise to me when I think a cake has a nice cream cheese or buttercream frosting on it, but it turns out to be lemon.

Favorite podcast? EM people seem to be especially into podcasts.
I’m obsessed with *The Moth*. I just love the art of story-telling. Framing and personal narrative are such powerful tools.
Bonnie Cheung from Residency Coordinator of the Year to CAO

Our legendary, beloved, and now national award-winning Residency Coordinator Bonnie Cheung is moving on to tackle new challenges as the Chief Administrative Officer (CAO) of the UCLA Department of Emergency Medicine. Bonnie has been working at UCLA since 1997 when she started shelving books at the Biomedical Library at CHS as a freshman, often napping in the book carts during finals week (yes, she fit)! Bonnie studied psychobiology and - in her words - was premed until she took freshman chemistry. Yuck! She accepted a job as coordinator for the PhD program in Neurobiology, "until I figured out what to do with my life" and has been in administrative roles at UCLA ever since. She started in her current role in January 2008 at the tail end of recruitment of our first PGY1 class.

Bonnie has been more than just an administrator for our program - she is literally the mother hen of our residency flock and the glue that holds everything together. In the words of Scott Votey (1987), "Not only does the residency run well because of Bonnie, but we all are uplifted by her. Spend time with Bonnie and you become a better person: more committed, more capable, more patient, and more compassionate."

Bonnie is unbelievably dedicated to helping the residents uphold important personal commitments despite the rigors of residency. As one small example, in the last year alone, Bonnie has rearranged the painstakingly-hand-created schedule multiple times to accommodate military training, best friends' weddings, returning home to Nepal after the 7.8 earthquake to help with relief efforts, and illnesses or injuries. One resident said, "Bonnie handled this difficult situation with care and diligence as if I was one of her family members." This year, she was awarded "The Bonnie" at retreat for her compassion and dedication to the residency, which was further recognized by EMRA with the 2016 EMRA Residency Coordinator of the Year award.

"There are no words to describe what it felt like to be presented with these awards," Bonnie said. “You guys blew my mind with "the Bonnie" at the retreat. It felt like the ultimate THANK YOU and I will remember that moment forever because I could feel the love coming from the entire room for all the years I’ve been with the residency … and then, a few weeks later, I'm reading this email from EMRA about a Residency Coordinator of the Year Award with my name as the recipient. I think I read it three times to try to understand what the message was before I emailed Scott to ask if he knew what that email was about. I sat there in utter disbelief until Richelle asked if I had gotten the email yet and she was so excited to congratulate me. I get to look at both awards each day I get in to the office, and they make me smile every morning."

In her new behind-the-scenes role, Bonnie will work closely with Greg Hendey (1993)) on the academic and staff operations as well as financials of our new department. "With our new Chair and new departmental status, the role has lots of potential and I’m excited to learn more and do what I can to help" Bonnie says. "I will miss dearly the interaction with all the residents, but the best part is that I get to stay with this awesome department and see how amazing we can truly make it.”
Bonnie, what are your favorite things to do with your free time? Hopefully you will have more!!
Free time is a luxury I haven’t had in quite some time, but I think it’s on the horizon as everyone settles into their new roles. Urgently, I need to find time to prepare for my second Tough Mudder in October. Eeks...! On easier weekends I hang out with my family, enjoy hikes with my 70-lb pit-pointer, snuggling with my elderly cat, and taking motorcycle rides to Newcombs Ranch on HWY 2.
Eventually, I’d like to find some time to take a real vacation with Gil, where neither of us are worried about work. (Gil’s my boyfriend; but do you even call someone “boyfriend” after 11 years? Haha!)

Bonnie, we wish you all the best and can’t thank you enough! Hope you get to take that vacation soon!

Goodbye to Tommy Chen

After eight years of continued dedication and excellent service, Tommy Chen will be moving on from the UCLA Department of Emergency Medicine. Tommy started out as an undergraduate work-study student in February 2008, working alongside Bonnie Cheung. His reliability and commitment earned him a promotion to Assistant Residency Coordinator upon graduation from UCLA in July 2010. Tommy has been a tremendous asset to the residency, and we certainly could not have come as far as we have without all of his hard work and perseverance.

“Relentlessly selfless.” For those of us lucky to have worked with Tommy and have had him backing you up, this phrase seems both intuitive and natural. He is unwaveringly humble and selfless and always finds a way to continually deflect praise. It is easier and more accurate to let the words of others he has helped along the way speak on his behalf. Bonnie notes that “[Tommy] has come to my rescue many a time and has burned the midnight oil with me. I will miss having such a ready and willing ally on our team, but I wish him the very best life has to offer him outside of UCLA.” Heather Whitlow, MD (2014) recalls: “Tommy, the guy that gets work done without ever looking for applause or accolades. Respectable and dependable and an all-around good guy with pretty good choices in hip-hop music and basketball. You’re lucky if he is your friend.” The attributes that make Tommy special, both as a Residency Coordinator and particularly as a friend, is again highlighted by Drew Flansbaum, MD (2012). “Tommy is a great friend. One of the best words to describe him is giving. Another is selfless... I played on a basketball team with Tommy and he never shoots the ball. I mean NEVER. It's not because he can't, but instead he finds an open player and creates plays so that someone else can get the basket and the glory.”

Tommy possesses a reverence and commitment for the residency that is unfounded. He always helped the residents be better, much like his assists on the basketball court. While often having to play the thankless role of “bad cop,” underlying all his actions is a hidden smile and acknowledgement of a higher standard that he holds us all up to. While he is moving on from the residency, he has helped and touched many residents and faculty over the years, and his future profession will be equally as lucky to have him.
Congratulations to Baxter Larmon, PhD on Retirement

Our friend Baxter Larmon has retired. In his 40 year career, Dr. Baxter Larmon, PhD, MICP has accomplished just about everything you can do in EMS. Bax, as he is known to his innumerable friends, has worked as an ambulance attendant, NREMT-B, lifeguard-paramedic, firefighter, firefighter-paramedic, EMS educator, researcher, author, and professor. As a result of his contributions to EMS education and research he was named one of the “Twenty Most Influential Individuals in EMS” by the Journal of Emergency Medical Services. David Schriger describes, “Baxter brought a level of excitement, intellect, and judgment to the discipline of prehospital care that far exceeded that of his peers… If he had been a better surfer the prehospital care world would still be in the dark ages.”

Coming to UCLA as the Pre Hospital Care Coordinator in 1979, by 1980 he was the Employee of the Year for the UCLA Emergency Medicine Center. And that was only the beginning. Baxter earned his PhD then joined the faculty. Baxter is a dynamic and engaging teacher. Coming to UCLA as an intern Dr. Hendey (1993) noticed Bax right away, "Bax was one of the first people I met at UCLA—giving an ACLS lecture during new intern orientation in 1989. I said to myself, if this is what people are like at UCLA, I definitely came to the right place. He has been a real gift to UCLA." As a UCLA faculty member Bax won both of the premier faculty awards at the David Geffen School of Medicine: The Golden Apple Award and the Award for Excellence in Education.

Baxter was co-founder of the UCLA Center for Prehospital Care and has served as its Director for many years. The Center provides most of the EMT and Paramedic training in Los Angeles County serving thousands of students each year. But his activities and recognition as an educator extends far beyond UCLA. Baxter has been one of the most sought after speakers in EMS and has taught all over the country. In recognition of that work, Baxter received the Lifetime Achievement Award from the National Association of EMS Educators in 2009 and the Distinguished Service Medal from the State of California EMS Authority in 2012.

Baxter has been an innovator and a pioneer in the area of EMS research. A prolific researcher, Baxter has more than 100 journal publications, four textbooks, and more than 35 video productions to his name. In addition, he serves on the editorial board of several nationally recognized EMS publications and was appointed to the National EMS Advisory Committee to represent the interests of EMS researchers. Baxter founded the Prehospital Care Research Forum (PCRF) 12 years ago, with a goal to promote, educate and disseminate EMS research. Under his direction the PCRF has published more than 600 abstracts in two major EMS journals, and has educated more than 500 EMS professionals in EMS Research Workshops.

Baxter has been much more than a distinguished colleague, he has been a wonderful friend. Funny, generous, kind, supportive, and always eager to help. If the school of medicine were to have an award for “Best Human Being” he would be the hands down favorite to win it every year.

Fortunately for us the newly retired Baxter will be continuing on part time at UCLA. Maureen McCollough (1994) speaks for every one of us who know Bax when she says "I'm fortunate to have known Baxter since he first started at UCLA, when I was a volunteer and then clerk in the UCLA ED. He has been an icon in the Department of Emergency Medicine and I am so glad he will continue on so future residents may benefit from his amazing experience and knowledge."

See additional piece on Baxter Larmon, PhD in the Summer 2015 newsletter
Ricky Amii, MD is moving back to his hometown of Oahu, HI this fall with his wife, Brie, and dog, Callie. He will be working in the ED at Pali Momi Medical Center. Ricky’s first job after graduating Occidental College was as a research coordinator at Olive View-UCLA Medical Center, leading multicenter skin and soft tissue infection studies conducted by Drs. Talan (1986) and Moran (1992). He attended the University of Hawaii Medical School, and the UCSF Fresno EM residency, where he won the Robert Knopp Gold Humanism Award and the Outstanding Emergency Medicine Resident Teaching Award. In 2013, he returned to Olive View-UCLA as an Ultrasound Fellow, after which he became full-time faculty at OV-UCLA and continued to work part-time at Ronald Reagan UCLA Medical Center.

Ricky stands out for his energy and enthusiasm for teaching. “He’s the faculty member who will work the overnight shift, sleep in the call room, and then wake up the next morning to teach medical students and residents ultrasound,” says David Kim (2018). Ricky taught at our residency conferences, and many medical school events, including last year’s inaugural UltraFest, and helped to coordinate SonoGames at SAEM’S Western Regional conference. Ricky won the 2013-2014 Golden Olive Teaching Award as a fellow – a resident-nominated award that is usually given to full-time faculty – and in 2015, he won the UCLA/Olive View Faculty Teaching Award.

Ricky has continued to be an active researcher in ultrasound, involved in both resident and fellow faculty projects. His research work with Drs. Talan and Moran has also continued. More than anything else, Ricky will be missed because he is such a great guy. Or, as Greg Hendey (1993) refers to him, a “Jedi Warrior.” Residents occasionally even try to switch into overnight shifts with him. Faculty members equally enjoy working with him. “Over the time I have known Ricky, from undergrad study coordinator through now as a faculty member, he has always approached his work and relationships with dedication and love that not only led to his excellence as a researcher, doctor, and teacher but also to his importance to so many of us as a great friend,” says David Talan. Alan Chiem, our ultrasound director and Ricky’s mentor, says “we wanted our ultrasound fellow to not just be smart, but to be fun to be around and a good teacher to the residents and medical students. Ricky has hit all of those qualities out of the park. I’ve been very proud to be his mentor, colleague and friend.”

Hawaii may not have an emergency medicine residency but we suspect that it won’t be long before residents are doing electives with Ricky.

A hui hou - goodbye until we meet again!
Marshall Morgan, MD Scholarship Award Announced

The Marshall Morgan, MD Scholarship Fund was established in 2015 to honor Dr. Morgan’s passion for Los Angeles, healthcare and emergency medicine. The Los Angeles County Medical Association (LACMA), representing over 6500 dedicated physicians, initiated the LA Healthcare Awards to recognize leadership and innovation in healthcare. The award will recognize an outstanding Emergency Medicine Resident in Los Angeles County with the following qualities:

- Enrolled in a Residency Program in LA county
- Medical innovator
- Supporter of Operation Mend
- Involved in disaster relief efforts
- Community activism
- An advocate of gun control

The application is due September 1, 2016. The recipient of the scholarship will be announced October 3rd, and the stipend award granted at the Patient Care Foundation gala on November 3, 2016.

To apply, please use the following link to complete and send the application.

If you don’t have a Google account, please contact joy@lacmanet.org and she will send over the application.

OV and Harbor Researchers Leading First US Study of Non-Operative Management of Appendicitis

Following a successful pilot study last year at Olive View-UCLA funded by the first NIH grant to evaluate non-operative management of acute appendicitis, Drs. David Talan (1986), Greg Moran (1992), and Bill Mower (1990) have entered into a collaboration with the University of Washington and are presently directing the first U.S. multi-center RCT. The study is funded by PCORI (Patient Centered Outcomes Research Institute) and is called CODA for Comparison of (Antibiotic) Drugs and Appendectomy. When completed, the study will be the largest RCT ever conducted. The investigation is also a collaborative effort of the Departments of Emergency Medicine and Surgery at OV and Harbor; at Harbor, ED faculty member Dr. Amy Kaji is the site lead.

Thanks for your support of our program’s world-class research program!

Congratulations to Tabitha Cheng (2018) who received a lot of media attention for her Pediatrics publication of her work with the CDC on Playground-related TBI injuries.

See multiple media pieces and blogs highlighting her work at these links:

- Associated Press
- American Academy of Pediatrics
- ABC News
- 2 minute medicine
- Contemporary Pediatrics
INTRODUCING THE CLASS OF 2020

Aws Al-Abdullah

Hometown: Miami, FL
Undergrad: UC Berkeley
Med School: Florida International University Herbert Wertheim College of Medicine

Before starting intern year you can find me: Exploring my new home, eating lots of delicious food, and catching up with old college friends
The coolest thing I did this year was: Backpacked through Southern Peru, including an incredible hike up Machu Picchu Mountain to about 2,000 ft. above the base of Machu Picchu
When not in the hospital, I’m most likely: Hanging out in a coffee shop doing some light reading
If I wasn’t a doctor, I would be a: software engineer or an investment banker

Annum Bhullar

Hometown: Ft. Lauderdale, Florida
Undergrad: Northwestern University
Med School: Florida International University Herbert Wertheim College of Medicine

Before starting intern year you can find me: Backpacking Myanmar (Burma), Malaysia and Singapore
The coolest thing I did this year was: Rented an RV and road-tripped through Yellowstone National Park with some friends
When not in the hospital, I’m most likely: Napping
I could not live without my: Wonderful family and puppies Swaggy and Munchkin
I'm really looking forward to: eating the perfect weather by being outdoors as often as I can when I live in LA.

Steven Bolger

Hometown: Denver, Colorado
Undergrad: Duke University
Med School: NYU

Before starting intern year you can find me: running and working out, trying out new vegetarian recipes, and traveling around the US
The coolest thing I did this year was: taking a road trip across the Pacific Northwest
When not in the hospital, I’m most likely: running or working out, exploring new vegetarian restaurants, or hiking a newly discovered trail
I could not live without my: Netflix account
I’m really looking forward to: enjoying the perfect weather by being outdoors as often as I can when I live in LA.
If I wasn’t a doctor, I would be a: teacher
Two truths and a lie: I’m a twin. I survived a car crash that totaled my car unharmed. Infamous Boston mob boss Whitey Bulger is my great uncle.
Tyler (Ty) Haertlein

*Hometown:* Jacksonville Beach, Florida  
*Undergrad:* Wake Forest University  
*Med School:* Florida International University Herbert Wertheim College of Medicine  

**Before starting intern year you can find me:** Traveling and surfing  
**The coolest thing I did this year was:** Help launch a food product line  
**When not in the hospital, I’m most likely:** Sleeping or surfing  
**If I wasn’t a doctor, I would be a:** Beach bum  

**Two truths and a lie:**  
I've been deported and banned entry to over 10 European countries for a "reasonable length of time."  
I've experienced hypothermia next to a pack of wolves in Alaska.  
I've been resuscitated while snorkeling in the Caribbean.

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Vanessa Kreger

*Hometown:* Thousand Oaks, CA  
*Undergrad:* UC Berkeley  
*Med School:* Keck School of Medicine of USC

**Before starting intern year you can find me:** At the beach, attempting yoga, running, traveling through the Sierras, spending time with family and friends  
**When not in the hospital, I’m most likely:** strolling in the streets of Los Feliz and Silver Lake, hiking in Griffith Park or exploring DTLA  
**I could not live without my:** two sweet cats-- Esme and Boo!

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Jacqueline (Jackie) Kurth

*Hometown:* Santa Barbara  
*Undergrad:* USC  
*Med School:* UC Irvine

**Before starting intern year you can find me:** Traveling!  
**The coolest thing I did this year was:** Catch a piranha in the Amazon and then eat it (see picture)  
**When not in the hospital, I’m most likely:** Meeting up with friends or spinning  
**I could not live without my:** French press  
**I’m really looking forward to:** finding all my new favorite restaurants when I live in LA  
**If I wasn’t a doctor, I would be a:** Travel journalist  

**Two truths and a lie:**  
I have pet and swam with a manatee.  
I made it to the second round of Wipeout.  
I have been stung on the mouth by a jellyfish.
Randall (Randy) Lee

Hometown: Pittsburgh, PA  
Undergrad: Penn State  
Med School: Columbia  

Before starting intern year you can find me: far away from the hospital  
The coolest thing I did this year was: move to the west coast!  
When not in the hospital, I'm most likely: Spending time with my wife, kid, dog, hanging out at the beach, or spending time outdoors  
I'm really looking forward to sunsets on the beach when I live in LA. And to see how few friends I make while walking my crazy dog  
If I wasn't a doctor I would: work construction or bartend  
Two truths and a lie: I've been to 5 continents, skydiving 4 times, crashed my car 3 times, am on my 2nd career, lived in LA once before, and have never been an intern before!

Alexandra (Ali) McLeroy-Lewis

Hometown: St. Petersburg, FL  
Undergrad: Santa Clara University  
Med School: Florida International University Herbert Wertheim College of Medicine  

Before starting intern year you can find me: Spending quality time with family and friends and getting as much sun and fresh air as possible!  
When not in the hospital, I'm most likely: soaking up the sun (I’m solar powered) - hiking, swimming, exploring LA and local wineries, breweries, and restaurants  
I could not live without: my wonderful family, friends, and fiancée  
If I wasn't a doctor, I would be a: journalist for National Geographic  
Two truths and a lie: I love to dance - anything from ballet to salsa. I grew up in Peru. I was born in Florida.

Teri Miller

Hometown: Puyallup, Washington  
Undergrad: Gonzaga University  
Med School: Drexel University School of Medicine  
Nickname: árbol (tree in Spanish)  

Before starting intern year you can find me: in Vietnam  
The coolest thing I did this year was: solo traveling through Peru, and hiking Huaynapicchu  
I could not live without my: coffee  
If I wasn't a doctor, I would be a: teacher or veterinarian  
Two truths and a lie: I grew up in a childcare. I did gymnastics. I wrote a hiking guide in Guatemala.
Varun Shahi

Hometown: Norwalk, CA
Undergrad: UCLA
Med School: Mayo Medical School
Nickname: V-man

Before starting intern year you can find me: Spending time with my family and friends, enjoying being back in LA with everything LA has to offer (gorgeous beaches, beautiful running trails, and amazing food/culture/diversity)

The coolest thing I did this year was: Hike the pyramids of Teotihuacan outside of Mexico City

If I wasn’t a doctor, I would be: an astronaut

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Luiz (Lui) Filho (my long and complicated last name is Souza-Filho, but I usually go by just Filho so that people stand a chance at actually remembering it)

Hometown: Miami, FL
Undergrad: Florida State University
Med School: NYU

Before starting intern year you can find me: Eating every possible thing there is to eat in New York City, and occasionally traveling.
The coolest thing I did this year was: Spent 5 weeks in Myanmar, Thailand, and Vietnam. I snorkeled with giant jellyfish and sea snakes, hung out with elephants, trekked through Vietnamese mountain towns, and explored ancient temples

When not in the hospital, I'm most likely: Sleeping, listening to or playing music, biking, playing basketball or volleyball, hanging on the beach

I could not live without my: Girlfriend! (She was sitting next to me as I wrote this)

I'm really looking forward to having all the food and culture that New York gave me with the added bonus of beautiful natural surroundings when I live in LA

If I wasn’t a doctor, I would be a: Music producer, or find a way to be one of those people on the travel channel who get paid to fly all over the world

Two truths and a lie: I have never lost a "limbo" dance competition. I once ate an iguana. I once appeared in a Bollywood movie.
Gregory (Greg) Tong

**Hometown:** Fountain Valley, California  
**Undergrad:** UCLA  
**Med School:** UCSF  
**Before starting intern year:** you can find me at the beach  
The coolest thing I did this year was: spend four weeks doing a rotation in Oaxaca, Mexico.  
I could not live without: my data plan  
I'm really looking forward to being able to watch my home sports teams live when I live in LA again.  
If I wasn't a doctor, I would be: a wine enthusiast

Catherine (Cate) Yaggi

**Hometown:** Fort Worth, TX  
**Undergrad:** Texas A&M University  
**Med School:** Texas A&M Health Science Center  
**Before starting intern year you can find me:** Gettin' hitched and honeymooning in Hawaii  
When not in the hospital, I'm most likely: playing with my dog, Romeo, or going on adventures with my husband  
I could not live without my: Dr. Pepper  
I'm really looking forward to making new friends when I live in LA.  
If I wasn't a doctor, I would be a: cast member on SNL (but I'd need to take some improv and acting classes first...)

Another Successful Intern Boot Camp Splint Lab
Say Hello to Our New Fellows

Jason Ahn, MD, MPA - National Clinical Scholars Fellow

**Jason Ahn** graduated from his emergency medicine residency at the Harvard Affiliated Emergency Medicine Residency Program. He obtained his undergraduate degree from UC Berkeley with a double major in molecular and cell biology and history. He earned his medical degree from Harvard School of Medicine, and obtained a Masters in Public Administration at the Harvard Kennedy School as a Zuckerman Fellow at the Center for Public Leadership. Dr. Ahn was also a Fulbright Scholar in Seoul, Korea, where he conducted an independent qualitative research study to understand the social factors that affect the health of North Koreans. Dr. Ahn also created, led, and executed the production of a documentary film called “Divided Families,” which chronicles the plight of Korean-Americans separated from their loved ones, forced apart by the Korean War.

On a personal note: I was born in Los Angeles and I am thrilled to return! The pearl of wisdom that I would like to share is to have compassion and grace on yourself and others when you go through training. It is a journey and not a destination, so be patient. Something interesting that people would not know about me is that I played high school football.

Carl Berdahl, MD - National Clinical Scholars Fellow

**Hometown:** Walnut Creek, CA  
**Undergrad:** UCLA (!!!)  
**Medical School:** Yale University  
**Residency:** LAC+USC Emergency Medicine  
**Fellowship:** The National Clinician Scholars Program @ UCLA, a.k.a. The UCLA-Southern California Clinician Leaders Program, a.k.a. the program formerly known as RWJ

I am beyond excited to be making the trek across town to come back to UCLA, my alma mater! As part of my fellowship, I’ll be honing my research skills and collaborating with emergency medicine and health services mentors at both UCLA and Cedars-Sinai. My research interests focus on physician decision-making, behavioral economics, and the intersection of health policy and the delivery of healthcare.

**Fun fact:** I hiked the spectacular John Muir Trail during the summer between undergrad and med school. If you love the outdoors, you’ve got to check it out!
Todd Schneberk, MD - UCLA EM Research Fellow

Born and raised in Northern California, Todd hails from Manteca, which is a city known for illustrious pastimes such as meth abuse, foreclosures and the now extinct Manteca Waterslides. Following high school, he traveled down to UC Santa Barbara and then endured the “Eastern Exile” to Penn State for Medical School. Now happy to be back in California, he finished residency across the pond at LAC+USC and is excited to join UCLA as the EM research fellow. His interests include health disparities, underserved populations and health care access. He looks forward to meeting all of you soon and joining the team.

Elijah “Jamie” Bell, MD - UCLA Clinical Informatics Fellow

Elijah “Jamie” Bell is joining the UCLA family as the new Clinical Informatics Fellow after recently completing his Emergency Medicine Residency at the Baylor College of Medicine in Houston, TX. Jamie is originally from the Sunshine State (West Palm Beach, FL), and attended Florida State University and Harvard Medical School. Regarding his fellowship decision, Jamie truly believes that the possibilities of Clinical Informatics to influence positively patient care are limitless. Ultimately, he hopes to position himself at the interface of innovation, technology, and leadership through further clinical and technical training at UCLA.

Fun Fact: Jamie has two dogs named Milo and Kobe. Interestingly, Kobe was adopted from and named by another family 2 years before Jamie moved to LA. Jamie is now convinced this foreshadowed his future move to the promised land.

Advice to Residents: In the words of Maya Angelou: “I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.” Always treat everyone with the utmost respect and compassion, no matter who he or she may be.
Caleb Canders, MD (2016) will be staying on as the Ultrasound Fellow and working part-time at UCLA and Olive View. Caleb grew up in Bangor, Maine, attended college at Brown University, and completed medical school at Dartmouth. It took him that many years to realize that he wasn't cut out for New England winters, and he doesn't regret a single minute of spending his residency in sunny LA. As the Ultrasound Fellow, Caleb is looking forward to doing scanning shifts with two classes of residents (both the first- and second-years will have ultrasound blocks this year), getting residents involved in ultrasound research, teaching the attendings to be ultrasound experts, and leading the residency to victory at this year’s SAEM SonoGames. He's also looking forward to overhearing a resident tell a consultant, "Sorry, but my attending made me call you."

Interesting fact: Caleb is terrified of heights, which is part of the reason he's always looking for a hiking or climbing partner. Email him if you want to hike Mt. Whitney this year.

Advice to residents: Despite what academicians tell you, don't stress out about 'finding a niche'. Get involved in all of the projects that interest you (especially ultrasound, \textit{wink}) and you'll enjoy residency.

Steven Lai, MD (2016) will be staying on after graduation as a Medical Education and Simulation Fellow and will be working at both UCLA and Olive-View. Steven grew up in the Bay Area and went to college at UC Berkeley (Go Bears)! There, he was lucky enough to meet his (now) wife, Tiffany, and both of them went to UC San Diego for medical school. Tiffany is working next year in the community to support Steven, while he is looking forward to closely working with and having fun with the residents. Over the year, Steven hopes to continue to improve his bedside teaching skills, work on increasing the educational yield in both conference and on shift, and to learn to be a better mentor to the residents (no, that doesn’t mean he’ll do all your rectal exams).

Interesting fact: Steven spent part of his childhood growing up in Japan and still finds himself migrating back to Japan once or twice a year (next trip is in August).

Advice to residents: Keep a positive mindset. Set time aside for yourself to avoid burnout. Learn and adapt good practices and habits from your peers. Invest in your work family. Don’t be afraid to ask for help when you need it.
Nicole Wojtal, MD - AV & UCLA Administration Fellow

Born: Lombard, IL (one time residence of Ted Kaczynski)
Undergrad: UC Berkeley
Med School: UC Berkeley - UCSF Joint Medical Program (SAVE the JMP!!!, Due to budget cuts the JMP is at risk of being shut down. Go to http://savethejmp.com to help).
EM residency: UCSF Fresno
Fellowship: Administration, the sexiest of all EM subspecialties
Interesting facts: I got breakfast in bed every day until I was 14. The real truth is that Greg Hendey followed me down to UCLA, not the other way around. I was a singer in the Fresno EM residency band, the Frequent Flyers.
Interests: Sarcasm, the New York Times, learning to surf, dining out, napping, low-risk chest pain
Pearl: There are lots of attributes that make up a good ER doctor. Residency is the time to identify and nurture your strengths while discovering your weaknesses. Lean on your strengths to form positive relationships and experiences that will bolster your courage and confidence when tackling the areas that are more difficult for you.

Welcome back part-timer
Mary Sun, MD (2013)

Mary was born and raised in Louisville, KY and has now adopted California as home after going to Stanford for undergrad and UCLA for medical school and residency. After a few years working down in the South Bay, she's super excited to be coming home to UCLA a couple of times a month. Outside of medicine, Mary enjoys vacationing, camping/fishing, eating (ED potlucks are the best), Clippers basketball, and spending time with her family- husband Daniel (screenwriter), daughters Summer (4) and Violet (1.5) and to be determined fetus due December. You all are the 10th to know! Here's Mary with her recent catch in Ketchikan, Alaska.

Follow us on Twitter @UCLAEMRes

Meet the new Social Media Committee
The AIDS Lifecycle (ALC), the ride to end AIDS, previously called AIDS ride completed its 23rd year June 5-11 2016. It is a 7 day, 545 mile bicycle ride from San Francisco to Los Angeles, in which riders raise money used for awareness, education and resources. This year the ride raised 16.1 million dollars!

This year was Jo Feldman’s second year as medical director, and she was joined by Chris Belfour (2015) as co-medical director. This was my second year both working and riding. We saw the usual array of bike specific ailments such as saddle sores, dehydration, bike accidents/trauma, heat exhaustion, muscle cramping, as well as general complaints such as chest pain and abdominal pain. This year was also plagued by an outbreak of gastroenteritis on day 5 and 6, which was contained relatively quickly with zofran, immodium, and reinforcing hand hygiene.

The AIDS Lifecycle 2016 with Stephanie Brenman (2017)

The most intense medical encounter on the ride was actually with a cyclist who was not a part of the ALC ride. While riding, I encountered a man who was unresponsive, laying in the bushes, still partially clipped in to his bike. He lost pulses a several minutes later. Luckily, I was with three other rides who helped me remove him from the bushes and his bike so I could start CPR. On EMS arrival, he had continued ACLS treatment and ROSC in the field after about 20 minutes, and was taken to UCLA for further care.

It was definitely an eventful ride this year! (See the UCLA Employee Newsletter August 2016, featuring Steff with the grateful patient who left the hospital doing well. He will undoubtedly ride again thanks to the team’s care.)
**Class of 2019:** The class spent enjoyed a few days at Catalina for Intern week. **Josh Baugh** survived a bachelor party in Miami and the Sand Fire going to AV. **Li Cui** went to Cancun. **Maria Conradt** went to Spain. **Brittany Guest** caught a fish. **Adam Gruner** star’d at the Pacific—and all his men Look’d at each other with a wild surmise. **James Jiang** prepared to become a father. **Jacob Lentz** saw Hamilton. **Jason Lu** enjoyed a weekend at the Broad and hung out in the Infinity Room. **Kellie Kitamura** took her little sibling Greg Tong (2020) to dinner (ahem, other big sibs). **Mike Merjanian** attended a concert on the pier and began work on a project to reduce opiate prescribing. **Kyle Ragins** went to weddings in Chicago and Vancouver. **Matt Rosen** grabbed dinner with Kellie, Greg, Jake, Josh, and Li. **Hannah Wallace** is enjoying life as an R2.

**Class of 2018:** Jake Wilson recently explored Chicago while in town for his cousin’s wedding. He also was the first resident to try out the Antelope Valley WIP Hospital Pavilion OB/Neonatal care elective, and he would highly recommend it! **Andie Dewing** just spent part of her recent vacation in central and northern California, visiting Big Sur and Monterey. She also has procured a waffle maker to upgrade the post-shift brunch experience, nom nom nom! **Maria Tamborski** will be running in a Star Wars half marathon this upcoming year. Although **David Morales** has lived in Los Angeles for many years of his life, surprisingly he just went to the Grand Central Market for the first time and ate delicious pupusas and eggs dishes at Eggslut. **Tabitha Cheng** enjoyed exploring Yellowstone and Grand Teton National Park with her husband during the off-season in May. **Allison Ferreira** survived her end of R2 year SICU elective. She also just finished rock climbing in the New Hampshire mountains with alumni Carmen Wolfe (2015) and backpacking in Sequoia National Park with **Tabitha Cheng**. Just a few days later, **Brandon Endo** and **Brian Truong** conquered the same wilderness loop in the Sequoias, getting a tad bit lost and catching six less fish (aka zero). **Brandon Endo** recently visited the Grand Canyon and Arizona, and conquered the skill of flying on water. **Adam Evans** climbed through volcanic rock while on vacation in Hawaii. **David Kim** recently went to death defying heights at Six Flags Magic Mountain. **Alex Dyer** learned the importance of water on a backpacking trip in the San Jacinto Mountain range, and spent a weekend in Santa Barbara wine tasting and enjoying a concert on a boat. **Sneha Shrestha** just travelled to Cheeseland, USA (aka Wisconsin) and re-discovered the wonders of deep fried cheese curds. The whole R3 class just had their beginning of year R3 dinner in July, in which many of them took advantage of the day-off together and played volleyball and paddle tennis in Venice Beach.
Class of 2017: R4s have been busy this summer: Stephanie Brenman worked and rode the AIDS lifecycle ride, submitted a case report, played a lot of ice hockey and moved to a new apartment. Mike Casner celebrated his dog Harlow’s one-year adoption anniversary, and is excited to be traveling to New York City, Chicago and Baltimore this fall to visit family and friends. Anthony Catalano played golf and ate haggis in Scotland last month. Brandon Firestone recently published several in-service board review questions in ALiEM's first e-textbook, took his very first flying lesson, and went to the Magic Castle in LA, which was an LA bucket list item. Haleigh Kotter had a wonderful birthday at the Magic Castle. Vanessa Franco spent some time away from the city in Big Bear. Wes Gaschler went to Iceland and sat on an iceberg. Chris Katsura was awarded Best Resident Informatics Project of 2016 at the UCLA Annual Resident Informatics Symposium, is set to give a presentation in September at UGM Conference and is preparing to present a poster in November at AMIA Conference. Jessica Oswald recently returned from a great vacation in the Maldives, where she spent time surfing and enjoying the sun. Shamsher Samra has been busy abroad, spending time with Brian Truong (2018) and Pravin in Cuba, and more recently in Southern Africa and Victoria Falls. Eric Schallert played with his band for a summer concert he helped produce in North Hollywood, benefiting an organization for children and adults with developmental disabilities. Cat Weaver spent her free time volunteering as the physician on call at The Painted Turtle – a camp designed to accommodate children with medical conditions that prevent them from going to more traditional summer camps with their peers – during Rheumatic Disease Week. Carter Wystrach finished his toxicology rotation at UCSF, and gave a Grand Rounds on Coagulopathy in Crotalid Envenomations.
KUDOS to our amazing faculty and Residents

Scott Reiter was honored with the California Public Protection & Physician Health, Inc’s Fostering Physician Health Award, on Saturday June 4, 2016 at USC in Los Angeles. “The award recognizes physicians who have consistently surpassed the call of duty in their efforts to support the health and wellbeing of their peers in the State of California.” He was featured in the July 2016 UCLA Health System Medical Staff Health Program Newsletter, noting how “he has helped many impaired physicians back on the road to recovery and wellbeing.”

Big congratulations go out to Tomer Begaz, who has been awarded the Excellence in Education award from the DGSOM. This is a very select award for those faculty who have made truly outstanding contributions to medical education in the School of Medicine. Dr. Begaz’s important contributions, including his innovations in the Sub-I curriculum, the EM selectives, and his work with the UCLA EM interest group were just a few of the reasons he was selected for the honor.


Atilla Uner (1997) is now a member of the CA State EMS commission, a counseling body for the CA EMS Authority. The UCLA School of Nursing recently promoted Atilla from Assistant Professor to Adjunct Professor of Nursing.

The UCLA/Olive View Faculty Teaching Award. This award was created by the Department to encourage excellence in clinical teaching by attending faculty. It recognizes exemplary involvement in resident education, both at the bedside and through participation in didactic sessions. The faculty who received the most resident votes for the 2015-2016 UCLA/Olive View Faculty Teaching Award – 2nd half are: Samantha Kadera (2013) at UCLA and Scott Lundberg (2004) at OVMC. Sam and Scott’s names will be the next to be added to the plaque in the Residency Office.
KUDOS to our amazing faculty and Residents

Dan Waxman was invited to serve as a member of NQF’s (National Quality Forum) Cardiovascular Standing Committee.

Caleb Canders (2016) was appointed to the ACEP Well Being Committee. This is a great continuation of work that started with his contributions helping lead our wellness week activities in 2016.

The curriculum redesign Sara Crager (2015) helped organize for our program as chief resident is highlighted in her recent Annals EM publication.

Jo Feldman completed a 14-day trip to the North Pole as expedition Doctor. With her two-minute free call via satellite phone she called the UCLA RRED… it was about 2 am pacific time. To relax after her trip to the North Pole she completed a 250km bike trip in Finland.

Chris Katsura (2017) presented at the UCLA resident informatics meeting, and was one of the top 2 (of 15) recognized with an honor (including a monetary award) for his excellent work in creating the immunocompromised toolbar. He will be presenting at the annual UGM (EPIC’s large annual meeting in September, and at AMIA in November).

Vanessa Franco (2017) was highlighted in the SAEM newsletter.

Congratulations to our residents who had questions published in the new ALiEM ITE prep book recently.
ALUMNI Robert Rosenbloom (2002) and Mel Herbert (1995) have a new endeavor. They are working together on a podcast about electric vehicles, solar panels, space and space six, two giga factory, neural lace and any other interesting tech topics. Listen in at: http://www.stitcher.com/podcast/foolyboo/talking-tesla. Rob says, "It's called Talking Tesla and we're having a grand old time. The distraction helps me tolerate my schedule working 15 to 17 shifts a month and being busier than ever.”


Stephanie Tang (2010) taught a small group discussion on dealing with the difficult patient at Dr Schriger's house.

Come teach at our conferences: The residents want to learn from you at our weekly conferences. If you will be in Los Angeles and want to lecture at one of our conferences, or teach a small group, email Richelle Cooper (1998). (Richelle)

Send us updates. We want to hear about your accomplishments. Email Richelle with academic achievements, new additions to your families, and other updates.

Come hang out with us. ACEP Scientific Assembly Alumni Reception followed by the graduating class dinner will be on Monday October 17, 2016 in Las Vegas. The event will be at the Downtown Container Park with the alumni reception from 6pm-8pm, and the senior class graduating dinner from 8pm-10pm. RSVP information will be sent out to the alumni email list. We know many of you are coming, so please RSVP so we insure we can plan adequately.


Begaz T, ..... Initiating Diagnostic Studies on Abdominal Pain Patients in the Waiting Room Decreases Emergency Department Bed Time: A Randomized Controlled Trial. In Press


