Anna McKinsey



Hi! My name is Anna McKinsey and I am one of the Asheville Program students who has made Hendersonville, NC my home base for third-year clinical rotations. I am originally from East Tennessee, but spent middle and half of high school in Asheville and call it home. After leaving Asheville to go to NC School for the Arts for the last couple years of high school, I ended up in Connecticut where I studied printmaking and neuroscience as an undergraduate and

master's student. After leaving Connecticut, I took a roundabout way down to New Orleans and lived there for a couple years working as a medical assistant at an urgent care, taking ASL classes at community college, riding a brakeless bike around the city, and building sculptures out of driftwood.

As a Kenan Rural Scholar at UNC SOM, it is my intention to return and practice primary care in rural NC after residency. As a student in the Asheville Program I've loved being in the western part of the state and learning more about the challenges and joys of practicing medicine in rural areas. I've had a great time exploring Hendersonville over the last couple months and have discovered such treasures as: kitten yoga at Sanctuary Brewing every Saturday at 10am (only \$5!), the Mineral and Lapidary Museum on Main Street (so cool and glittery and for free!), the bike trail on the river that connects all the parks in the town, Underground Bakery, Mary's Burritos, etc. I have also been very fortunate to have been placed with some amazingly smart and inspiring preceptors for the year who have helped me think more deeply about my direction in medicine and where I would ultimately like to end up. **Christian Beyer**



Hey there! My name is Christian Beyer. I was blessed to grow up a military brat for the first decade of my life, having had the chance to live in some pretty amazing locations. Hawaii and Alaska were my favorite places to call home, which probably isn't a huge surprise. During those moves I got to see so much of this vast country and the many spectacles it has to offer. Eventually my family settled down and ended up in New Bern, NC, a tiny town close to the coast. I like to bring up that New Bern is known mainly

for two things: Nicholas Sparks (a rather famous author) and Pepsi. Strangely I am not a fan of either. Heading into high school I was very involved in sports, like most kids at that age. One fateful summer day I sprained by ankle enough to warrant a trip to the orthopedic office. It was there my love for medicine was realized. The combination of sports and medicine was something that took root in my heart and has not left since.

From the first day of college, when I took my first step on Virginia Tech's campus, I was determined to achieve my dream of becoming a physician. So everything I did from that day forward was aimed at that goal. If you have not met me before, chances are the first time you see me I'll be wearing something with a Virginia Tech logo on it. I'm very proud to have had the honor of attending that fine university and hope to represent it well as I have moved into the medical school phase. I'm thankfully UNC has given me this opportunity to reach my dream, and I hope to serve my future patients the best I can!

Hayley Cunningham



I'm Hayley Cunningham - one of the lucky members of the Asheville crew! I grew up in Versailles, Kentucky (pronounced VER-sales) and left the farm for the Carolinas to study psychology at Furman University. As an undergrad, I loved promoting all things health and wellness as president of Furman's student health organization and also participated in regular

community service projects as a member of Alpha Phi Omega, a co-ed service fraternity.

I hopped straight from college into medical school at UNC, where I have been able to combine my passions for health promotion and community outreach. As a member of Student National Medical Association (SNMA), a fellow classmate and I developed and taught a health and wellness course for children at a local middle school through the Citizen Schools Apprenticeship program, which provides children with educational and empowering afterschool enrichment that they otherwise would not be able to afford. I also spent much of my first two years creating a new SHAC project called Flourish that aims to help low-income community members "find health where they are planted" through a variety of ongoing projects, including individualized wellness coaching. I am a Primary Care and Population Health Scholar, a member of the Robert A. Bashford Medical Student Child Psychiatry Fellowship Program, and a SHAC HIV/STD counselor.

I'm keeping an open mind when it comes to future career plans, but I currently hope to become a primary care physician to encourage and support low-income individuals as they strive to lead healthier lives.

I am so SO grateful that I get to take part in the Asheville Longitudinal Program during my Application Phase! I love that I get to spend so much time in the outpatient setting, where I learn from preceptors who really want to teach. The longitudinal program allows me to develop long term relationships with patients and preceptors so that I can expand the depth and breath of my knowledge in a variety of outpatient settings simultaneously. Additionally, the individualized academic, emotional, and even spiritual support provided by our administrators is priceless. It's really remarkable to have a dedicated team who cares about us as students and people, working tirelessly to make our experience the best it can be. Mental and physical wellbeing are extremely important to me, and the Asheville program has allowed me to remain happy and sane during what is arguably the most trying year of medical school. Finally, Asheville is a great place to live, with mountains right outside my door, delicious food and drink, arts and crafts, and a fun culture. And I actually have time in my schedule to enjoy it!

Jo Schneider



Hi! My name is Jo Schneider and I am one of the third year UNC medical students lucky enough to be doing my rotations here in Asheville. I am a Tar Heel born and bred, with a long family history of relatives attending UNC for undergrad and medical school. I grew up in Charlotte, NC, but spent

my weekends and summers as a child exploring the Blue Ridge mountains in the Boone area. I never guessed that I would end up in these same mountains studying medicine.

Anxious to see a different part of the country, I attended Dartmouth College in New Hampshire for undergrad. I majored in Social Psychology and minored in Chemistry. That is also where I fell in love with rock climbing, a sport that has brought me to cliffs across the world over the past 8 years.

After college, I worked in Washington, D.C, for the Advisory Board Company. I served as a strategy consultant for hospital planners nationwide who were considering investment in a new piece of surgical technology or a new construction project, such as an ambulatory surgery center. I then served as a Community Impact Fellow, leading a project on hospital environmental sustainability. I helped publish online free resources that hospitals can use to develop their green initiatives.

Though I loved the administrative side of medicine, I realized I wanted to work directly with patients, and came back to my home state for medical school. It has been wonderful to be back near my family and just a drive away from the world-renowned climbing at the New River Gorge. I am truly honored to be spending my third year and beyond here in Asheville, learning from my incredible preceptors and patients in clinics across Western NC.

Jose Delgado-Robles



Hola a todos! My Name is Jose G Delgado-Robles I was born and raised in a little community called "Los Otates" in Guanajuato, Mexico, a very colonial state full of traditions, family values, a sense of community and "Sierra Madre Oriental" AKA my version of the Blue Ridge Mountains. I moved to Charlotte, NC when I was 15. I was able to finish high school in 3 years and then got my Biology BS from UNC-Charlotte. After graduation, I took a few years off to prepare for the MCAT. During this period I had the chance to work for Wells Fargo where I met great people that still root

for me, I also was accepted to the MED program. This program became a very crucial and essential part of my path, it provided me with many resources, opportunities and great experiences. Eventually, I was accepted to the best medical school in the world, UNC! and also became a Kenan Rural Scholar. The first two years were especially difficult to me. However, I was fortunate enough to have very supporting family and social group. Currently, I am doing the UNC SOM Asheville program in Hendersonville. I would not change it for anything. I am surrounded by very smart and caring individuals and my preceptors are very involved in my learning. The Asheville program, my preceptors and the mountains have taken me back to my childhood, I really missed the sense of community, the open spaces and the long relationships that you can form with your patients. Hopefully, I will be fortunate enough to stay and finish residency here.

Kate Garner



Hey Friends! My name is Kate Garner, and I am so excited to be in Asheville for my 3rd year of medical school. I am originally from Charlotte, NC where I grew up in a family of physicians, outdoor enthusiasts, and dog lovers. For my undergrad, I ventured out of state to go to Georgetown University (GO HOYAS!!) where I majored in Spanish literature and culture while also dabbling in the sciences as a biology minor. I studied abroad in Spain and

Ecuador and finally realized my desire to go to medical school my senior year when I decided to write my Spanish honors thesis on barriers to health care access in rural indigenous communities in Guatemala. With this as my new goal, I set out to get experience and held jobs as a medical assistant, ER scribe, Spanish language interpreter at the free clinic, and office assistant in an Alzheimer's and dementia clinic. I also had several opportunities to travel to Haiti and work with an organization to set up a small community health clinic and train community health workers.

Eventually, I ended up back home in North Carolina at UNC and am now so thankful to be based in Asheville for such an important part of my medical education! The Asheville longitudinal curriculum allows us to be active participants in shaping and personalizing our clinical experiences. The program fosters intellectual curiousity and learning while also giving us enough flexibility to connect with our community and patients. The smaller size also allows for increased opportunities for learning and mentorship through one-on-one time with my preceptors. Outside the hospital and clinic, Asheville is also a wonderful place to search for that seemingly elusive concept of "work-life balance." Getting out to hike in these beautiful Blue Ridge Mountains with my dog and classmates is the ultimate stress reliever. Plus the food and beer ain't half bad either.

Katie Myrick



Hey! I'm Katie Myrick. I was born and grew up here in Asheville. I attended undergrad at UNC Chapel Hill where I studied Biology. Though I appreciated the value of the education at Chapel Hill, it wasn't until I got a workstudy job at the School of Public Health and a volunteer position in women's health that I began to

fully understand the richness that the Chapel Hill community had to offer. Through those two endeavors, I developed interests in population health and women's health. After college, I moved to the Pacific Northwest and completed an AmeriCorps term as a doula for underserved women in Washington. I couldn't have asked for a better way to spend a post-grad year.

When I came to med school, I thought I had seen enough of Asheville for a little while, but as I went on in school, I realized that there was nothing I wanted more than to learn from my home community. The opportunity to see medical care in Asheville from both sides—as a patient and as a provider—is unique, and I think, very valuable. My current interests are in Family Medicine and OB/GYN, and I'd love to return to the Asheville area to practice some day.

Kunal Patel



Hey! My name is Kunal, I'm in the Application Phase of UNC SOM's new curriculum, and decided to spend this year in Asheville. As an NC native, I've always loved my home state, and medical school has only made that passion stronger. Chapel Hill had been my home for so many years, and the faculty here in Asheville have made it impossible not to consider Western NC just as comfortable of a home. I decided on coming to medical school very early on while an undergrad at UNC, but never truly knew why medical school seemed right.

I think I've made that realization since coming to Asheville to start my clinical time. The connections and relationships I make with people are everything to me, and medicine is a medium to have some of the most intense examples of those experiences. I love being able to witness significant life moments and be a part of those for the patients I work with, and also develop a closeness with my peers and preceptors that the Asheville program allows for.

One of my favorite parts of being here is the purposeful moments that we are encouraged to take to discuss the humanity and ethics of medicine. Before I came to Asheville, I once gave a talk about What I've Learned in Medical School and my lesson was that talking is how we learn, whether that is learning about people, medicine or life lessons. In the past few months, I've talked genuinely more than ever before, and I truly believe I've learned more than ever before.

I am a Tar Heel, born in Charlotte, and bred in Chapel Hill. Now, I'm amazingly happy that I can finally say I have a personal connection to the beautiful and intricate region that is Western NC, a place that will undoubtedly be a significant footprint on my path in medicine.

Lacey English



Hey there! My name is Lacey English, and I'm a Tennessee native turned North Carolinian. I grew up in Knoxville, TN (Go Vols!) and then ventured to Clemson University for my undergraduate degree (where I converted to saying Go Tigers!). After undergrad, I took a few years to wander, working for various non-profit organizations in South Carolina, North Carolina, and Uganda. I have an interest in global health, which was my primary driver for returning to medical school. The pipeline dream is to work with international aid organizations.

I chose to come to Asheville for the longitudinal nature of the program. I liked the idea of developing relationships with my patients, and getting to see their medical management progress. Initially, I assumed I wanted to work in the outpatient setting, but have found myself really enjoying inpatient medicine. The Asheville curriculum has given me the opportunity to spend time with hospitalist during "white space" and further this interest.

Laura Paschall



Hi there! My name is Laura and I am a proud NC native who was very excited to return to the western part of the state after spending the past 6 years in Raleigh and Chapel Hill. So far the Asheville program has been the highlight of my time at UNC-SOM. I started medical school with an interest in Family Medicine and have since developed a strong interest in Psychiatry, especially working in underserved areas or with vulnerable populations. My favorite part of medicine has always been patient interaction, and the longitudinal curriculum has given me the opportunity to build

relationships with my outpatient clinic patients. My goals for this year were to explore the different specialties with an open mind and to find ways my passions for women's health and grassroots medicine could be integrated into each rotation. My interests in patient advocacy and education were developed during my work with Gaston HIV Outreach Program between undergrad and medical school. I've had the opportunity to travel for medical work in Bolivia and Haiti, and hope to continue integrating global medicine into my career in the future. I look forward to the doctor-patient relationships made possible by small town medicine and I am excited to learn how to best serve future patients here in the mountains that hold my heart.

Liz Godar



Hi, my name is Liz Godar and I am thrilled to be an MS3 from UNC at Chapel Hill here in beautiful Asheville, NC! Though I was born in Raleigh, NC, I grew up in Colorado and went to high school in a small rural town called Fort Morgan located in the northeastern part of the state. I loved the small town atmosphere and the incredible support and sense of community that I had during my time in Fort Morgan. I found a similar sense of community at Washington University in St. Louis where I earned degrees in Spanish and Biology and ran varsity track and field

(Run Fast, Go Bears!). In college, I had the opportunity to travel to Peru as a volunteer through a non-profit organization called VivePeru. The experience of learning about a different culture, immersing myself in the Spanish language, and observing the barriers to medical care in the rural Andean towns near Otuzco, Peru, inspired me to work toward serving Spanish speaking patients both abroad and in the U.S., I took a gap year prior to entering medical school and worked as a scribe in various emergency rooms in St. Louis and as a case manager/Latino Care Coordinator for the Family Empowerment Program for Spanish speaking families at the St. Louis Crisis Nursery. As a whole, these experiences solidified my desire to become a bilingual primary care physician in a rural setting and I thus decided to apply to the National Health Service Corps. As a NHSC scholar, I am looking forward to completing a primary care residency and serving underserved populations in the United States. UNC at Chapel Hill was my dream medical school, in part due to the CAMPOS medical Spanish program and dedication to primary care, and I have loved my experience both at Chapel Hill and here in Asheville! . Third year has been an awesome and challenging adventure through medicine so far, and I am so excited to see where it takes me!

Margo Faulk



Heyo! My name is Margo, and I am spending my clerkship year in the town of Hendersonville, about 30 minutes from downtown Asheville. I'm originally from Eugene, Oregon, so the pine forest mountains of the Blue Ridge feel a lot like home to me. I studied Geography and Community & Global Health at Macalester College, a small school in the Twin

Cities, Minnesota. After all that cold weather, the chile-scented air of Albuquerque enticed me down south to work as a nutrition and garden education coordinator with youth in schools and in the justice system. Witnessing the healing power of culture, food, and community was a life changing experience. But soon I found myself drawn back to the snowy North and took a job for a year in Madison, WI with a non-profit law firm as a bilingual Health Benefits Counselor, helping immigrants and others with difficulty accessing health care navigate insurance and medical debt. After hunting around the nation for the place I wanted to finally call home, all this wandering brought me to the great state of North Carolina, and I couldn't be happier about my choice! After making some amazing friends at Chapel Hill, I am delighted to call Hendersonville home. Amazing preceptors are expanding my view of what is possible in primary care in a rural setting, and the Blue Ridge health system is giving me opportunities to travel out to farmworker camps to provide health care and practice my Spanish en el campo. From yoga with puppies to local breweries, waterfall hikes to contradancing, this area is also a lot of fun! I'm so glad to be in a program where I can get to know the community as I learn to practice medicine, with time to reflect and enjoy life along the way.

Marni Krehnbrink



Hi guys! My name is Marni Krehnbrink and I'm one of the 3rd year UNC students participating in the Asheville Program. I grew up in Denver (the one in North Carolina... The Great Denver of the East, if you will) with my three brothers and my sister. Upon graduating high school, I moved to Chapel Hill where I pursued a degree in biology. One of my most formative experiences during my undergraduate years was studying abroad in Kenya and Tanzania, where safari was a major portion of my curriculum. In the summer before starting medical school I spent a couple weeks plumping myself on wine, cheese, and bread as I backpacked through Europe with an old friend. Once school started I got involved with teaching undergraduate anatomy classes and fostered an interest in medical education. I continue that work now with research I am doing related to our LIC curriculum with faculty here in Asheville

Asheville is amazing, both professionally and personally. Having real relationships with preceptors is indescribably wonderful—I learn so much from them in clinic about what is important, both medically and in life. Also, I feel like I have my own small herd of patients, who I am so excited to care for and who make me feel a part of the community. I spend my weekends running, hiking, traveling, and playing with my dog, Goose. I've tried to take up painting (not working out so great...), and so my try my hand at pottery instead. I am so happy I chose to come to Asheville.

Molly Duffy



Hello! My name is Molly Duffy and I am one of the current Application phase medical students here in beautiful Asheville. I grew up in High Point, NC, otherwise known as the "Furniture Capital of the World." I didn't go too far from home to attend Guilford College, where I studied Chemistry with a minor in Spanish. My interest in working with Latino populations began during a study abroad trip to Costa Rica my last year of school. This led to a year in AmeriCorps after graduation,

serving in a small immigrant assistance non-profit called FaithAction International House, where we worked to connect primarily Spanishspeaking immigrants to basic needs services in the community. I was thrilled to start UNC SOM after that year, and continue to have the opportunity to work with Latino populations through CAMPOS and a summer volunteering in medical clinics in rural Peru.

After growing up camping with my family in the NC mountains, I could not be happier spending this year in Asheville! In addition to the amazing opportunities working one-on-one with preceptors, having patient continuity in clinics, and getting to develop personal interests using white space, our weekends are spent hiking beautiful trails, doing yoga, and eating delicious food (lots of it). This program has surpassed all of my expectations, and I would highly recommend it to anyone!

Natalie Reed



Hi there! Cheers to you for your dedication to make it all the way down to the R's! I'm Natalie Reed. I originally hail from Greenville, NC, but came to medical school via Minneapolis, where I had been teaching middle school. I've always preferred the mountains to the swamp/flatlands, so I jumped at the chance to move to Asheville for a year.

I have zero regrets so far about not staying in Chapel Hill for third year. As I imagine you've heard, Asheville is a great town. However, my

favorite thing about the program has been working one on one with preceptors. All my preceptors are very concerned with my learning and are excited to teach. I've also used my "white space time" to get extra exposure in fields I am interested in - from Neurosurgery to Interventional Radiology to Peds Heme-Onc. Asheville also allows me time to paint, hike, travel, and do all the other things I forgot I enjoyed in the first few years of medical school.



Neha Verma

Hi there! My name is Neha and I am so happy to be here in Asheville this year. I grew up in Greensboro, North Carolina with my two older sisters and wonderfully

supportive parents. I made my way to Chapel Hill to attend UNC for college, majoring in Public Health with a focus in Nutrition and minoring in Creative Writing. While at UNC, I fell in love with the university's progressive culture, the passionate, service-oriented nature of my classmates, and the always-inviting picnic tables at Weaver Street Market. When it came time to decide where to attend medical school, I was excited about the idea of staying in a town where I had already learned and grown so much, and I knew that the UNC School of Medicine would be a good fit for me. Throughout both college and medical school, UNC has supported me in a wide range of endeavors, from working alongside a traditional midwife in rural Guatemala to researching symptom management among patients with head and neck cancer to designing and leading a support group for survivors of intimate partner violence. I am so grateful for these experiences and the ways in which they have helped shape my perspective on medicine and my goals for my career.

Despite my love for Chapel Hill, after almost six years there, I was ready for a change. I had spent some time in Asheville previously, working on a hops farm through the World Wide Opportunities on Organic Farms (WWOOF) program the summer after I graduated from college. I loved the idea of returning to the mountains, and I was also drawn to the continuity that the Asheville program offers. Over the past few months, I have been consistently thankful for my decision to come here. I have had the opportunity to build strong connections with my incredible mentors, my bright and compassionate peers, and the beautiful place I get to call home. As a former Creative Writing student, I have always had a deep appreciation for the remarkable stories of strength and vulnerability that physicians have the opportunity to witness on a day-to-day basis. Being in Asheville has allowed me to follow my patients' stories over time, and our unique Ethics and Humanism curriculum has encouraged me to keep paying attention to and reflecting on those stories along the way. Outside of medicine, Asheville has also been a great place to live -- in my free time, I have enjoyed exploring the area (especially the numerous dog treat bakeries) with my sweet pup, Daisy.

Parin Nanavati



I grew up in Cary, a suburb that sits halfway between Chapel Hill and Raleigh. I had not lived anywhere outside of these three neighboring towns until my recent move to Asheville. I attended most of my primary schooling at public magnet schools in Raleigh, about 15 miles away from my Cary home. I moved to Chapel Hill for college and eventually graduated with a B.S. in Biology. During the few years following graduation, I returned to live in Cary while exploring my

interests and applying to school. I researched with the Department of Cardiology at UNC SOM, worked at a group home in Carrboro, volunteered as a doula at WakeMed, Duke, and UNC Hospitals. In my free time, I biked the greenways of Raleigh and the American Tobacco Trail in Durham, practiced yoga and meditation, and spent time with family. When I was notified of my acceptance at UNC SOM, I was thrilled at the opportunity to study at my dream school and more than content to remain in my little bubble while doing so. As my confidence grew with each "pass" I received, my need for familiarity faded and eagerness to explore strengthened. I decided to pursue the opportunity to complete clinical rotations in Western NC. At 26, I timidly grinned as I left the familiar 30-mile stretch of I-40 behind.

These past 6 months in Asheville have been ones of exploration, study, and development. I have witnessed medicine extend beyond the care of physical bodies and into the realms of spirituality, politics, ethics, and culture. I have grown as a person and as a student-doctor, relishing this opportunity to learn from my patients and preceptors rather than lectures and books. I remain enthusiastic and undecided about my choice of specialty but feel my time here will give me the framework to decide. About the future, I am surprisingly without anxiety, confident that Asheville is preparing me to be the caring and knowledgeable physician I want to be regardless of the field I choose.

Paul Clayton



Hey! My name is Paul! I'm a Marine, a married father of one and a Kenan Rural health scholar. I studied Economics as an undergrad at a small school in Indiana before moving down to NC. I've lived just long enough to recognize when I've got it good and I hit the jackpot by ending up in Asheville for my 3rd year. Seriously, I'm not entirely sure it's

possible to do medical school better. First, the people are incredible- My classmates, the staff, our support team, and every preceptor I've had the pleasure of working with. The experience is unparalleled. On more than one occasion, I have followed a tumor out of the OR, into the pathologist's lab, through the microscope and delivered results back to the OR. There is a patient in my FM clinic who schedules appointments to see ME. This doesn't happen in other places, and it doesn't even come close to capturing the entire experience of being here. The city is weird and awesome. The trails are endless, the waterfalls are bountiful, the mountains are holy, and the friends I've made are lifelong. If you can handle the unique blend of accountability, autonomy, and relationship building which form the core pillars of the curriculum in Asheville, then you'd be cheating yourself by going anywhere else.

Sam Stinson



Hi! My name is Sam Stinson and I am a current third year medical student studying at the UNC SOM Asheville program. I grew up in Winston-Salem, NC but spent a fair chunk of time out on our family farm (seen in photo) in Rowan County, NC. Before completing my undergraduate studies in Ancient Medieval History at UNC, I became a

volunteer EMT with South Orange Rescue Squad and got to work with

an awesome group of people for four years. After graduating, I split my time as an EMT with very appreciated employment as a medical assistant with Central Dermatology Center (go Todd pod!) before being fortunate enough to return to UNC for medical school.

I still farm whenever I can with the ultimate goal of practicing rural medicine. I thank the Lord for the opportunity to be trained specifically for this endeavor as a Sarah Graham Kenan Primary Care Scholar. Getting to be in Asheville and the surrounding rural clinics this year has been a blast, it reminds me of going to Siler City and Sanford when I was a medical assistant. Smaller communities mesh well with me and the Asheville program offers that in spades. Whether that's one on one training with attendings while in the hospital, time to bond with my outpatient preceptors in clinics, or enjoying time with classmates. Everywhere you go here, you get the feeling that people care. And what's more, they know you and you know them. If any of the people that have trained me so far see this: thank you. I hope I can carry all the wisdom you've given and share it with my current and future patients.

Susan Cavender



I was born and raised in Chapel Hill and have been interested in medicine my whole life. My educational interests are pretty varied, so I majored in computer science with molecular biology. My research experiences include studying acute kidney injury via health care data mining,

learning about child development through psychology research with 18month-olds, and looking at the impact of an HIV-prevention program in India on publications and social media. I still haven't decided what I want to do in medicine--every week I find myself thinking of a different specialty. I do know that the reason I want to practice medicine instead of just studying medical science is my interest in people and their lives. Studying medical practice through my longitudinal rotations gives me the chance to really engage with the patients I'm seeing and the medical science I'm learning in a way that the block curriculum does not. When I'm not studying, I practice yoga, sing and hike (when in Rome..), not to mention my regular visits to the dozens of local breweries and restaurants. Asheville is a great place to live!

Zane Jordan



Hey there! My name is Zane, one of the 3rd year medical students here in Asheville. I was born and raised in Fayetteville, NC, and completed my undergraduate studies at UNC Chapel Hill. Following a shenanigan-filled gap year spent in Peru, Colorado and Montana, I was fortunate enough to be able to return to Chapel Hill in pursuit of an MD. I chose Asheville for a number of reasons. Firstly, the longitudinal schedule lends itself perfectly to establishing long-term relationships with patients, preceptors, and

clinic staff. Secondly, most time in the hospital/clinic is spent working directly with an attending physician. That sort of 1-on-1 interaction is a rarity, especially in places like the OR and ED. It's been an invaluable experience thus far. Lastly, IT'S IN THE MOUNTAINS. The Appalachian Mountains are at our fingertips! The nearby hiking, rock climbing, mountain biking, and white water rafting are nothing short of world-class. I look forward to becoming more acquainted with Asheville as the year progresses, both inside the medical community and out.