

# University of Washington School of Medicine

## Targeted Rural and Underserved Track (TRUST)

Port Angeles, WA

June 2013

Greeting Port Angeles,

My name is Joshua Marshak, I am a first year medical student in the University of Washington TRUST program. Over the next four years I will be spending a good deal of time in your community learning about medicine in a rural and semi-urban setting, and enjoying all that your wonderful community has to offer.

I grew up in the San Juan Islands (Lopez Island) just across the straits, and along with my twin sister am the youngest of five children. I am very excited to return to a community that offers many familiar opportunities as well as challenges.

During high school I fished commercially in the Puget Sound and later during college in Bristol Bay, Alaska. I attended Macalester College in St. Paul, MN, where I received a degree in Biology, and first began to develop an interest in medicine.

In the five years since finishing my degree I have worked in research at the University of Washington, trying to better understand the biology of herpes simplex viruses. Throughout, I have spent considerable time shadowing doctors and working in clinics and hospices, all of which have deepened my passion to work with people in the context of maintaining and maximizing health. I am particularly interested in getting to know patients and working with them over time to achieve their personal and wellness goals.

Some of my favorite past times include most things outdoors; fermenting foods such as beer and wine, sauerkraut, cured meats and fish; as well as sailing, gardening, and traveling. I am passionate about primary care medicine and rural living. I am honored and recognize that it is a privileged to have the opportunity to cultivate my interests in your community during the next four years.



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