

## First Year

**Kristina Cordes, MD, University of Nevada,  
Las Vegas School of Medicine**



I grew up in Moapa Valley, a small community an hour outside of Las Vegas. Growing up I spent a lot of time hiking, camping and looking for petroglyphs in the Nevada wilderness. I completed my Bachelor and Master degrees at the University of Connecticut. During college I played on the club volleyball team, both at UConn and in England where I studied abroad for a year. After Connecticut, I moved to Atlanta to complete my MPH at Emory and worked at the CDC for several years. I have wanted to be a doctor since high school and had been interested in epidemiology and public health since I was little. For me, family medicine represents the best of both worlds and allows physicians to have a positive, lasting impact on individuals and the community. I still enjoy spending time wandering around in the wilderness and have taken up trail running and rock climbing in addition to hiking and camping. I have recently taken up gardening since I no longer live in the desert and have become slightly obsessed with it. I chose the Fort Collins Family Medicine Residency program because I wanted robust, full-scope training in a supportive environment. This program will help me to gain the knowledge and skills needed to best support my patients and community. I am interested in maternal and child health, reproductive health and gender-affirming care. I am excited about the collaborative environment within the program and look forward to learning from our pediatric and OB/GYN colleagues. I also hope to learn more about point of care ultrasound and other skills useful for providing care in remote areas. In the future I hope to practice in rural and under-resourced areas.

**Max Harris, MD, Rush Medical College  
of Rush University Medical Center**



I am originally from Boulder, Colorado. I attended the University of Puget Sound where I studied political science and mathematics. I attended medical school at Rush Medical College. I was first inspired to pursue a career in healthcare while trekking in a remote area of Himalayas and faced with several medical situations. My passion for medicine further developed after completing my wilderness first responder and EMT certifications and working as an emergency room technician in Vail, Colorado. My hobbies include hiking, skiing, mountain biking, cooking, biking with my family, pick-up basketball and traveling. I was drawn to the Fort Collins Family Medicine Residency program by the strong full spectrum training it provided, the personalities of the faculty and residents along with the opportunity to return home to Colorado to complete my residency. My medical interests include full spectrum family medicine, procedures, preventive medicine, medical Spanish, nutrition, sports medicine, underserved medicine, and endocrinology. I am excited to become immersed in the Fort Collins medical community and develop strong relationships with the patients I serve.

**Megan Huynh, DO, Arizona College of  
Osteopathic Medicine of Midwestern University**



I hail from Glendale, Arizona. Growing up I played piano, trombone, baritone, and trumpet briefly. I enjoyed drawing, reading, and cross-stitch. I attended college at the University of Arizona and medical school at Midwestern University. I decided I wanted to become a doctor when I was a kid, but it was my experiences in the emergency department as a scribe that confirmed the decision. I always loved making people feel better and using my brain to solve puzzles. Medicine was the natural pathway to combine these two. I still love arts and crafts, baking, and reading. I enjoy spending time with my family and dogs, especially when we're camping or traveling. We go fishing, paddle-boarding, and skiing as often as possible. I chose the Fort Collins Family Medicine Residency program because of the broad-spectrum training with a diverse population. Additionally, it is uniquely set-up to work both urban and rural populations. Moreover, the opportunity to incorporate my interest in family planning into my training and practice was too good to pass up. I'm very passionate about family planning and integrative medicine. I'm also interested in wilderness medicine, LGBTQ+ care, and preventative medicine. While at the Fort Collins Family Medicine Residency, I hope to learn the knowledge and skills to become a broad-spectrum family physician that can best honor and serve my patients to the best of my abilities.

**Rachel Palmer, DO, Western University  
of Health Sciences College of  
Osteopathic Medicine of the Pacific**



I am originally from Molalla, Oregon. Growing up I enjoyed outdoor activities, sports, trying new things, Spanish, reading, biology, and traveling. I attended medical school at Pacific University, Forest Grove, Oregon. There are countless experiences that inspired my decision to become a doctor. My small-town family practitioner sparked my interest in medicine and my passion grew through volunteer activities locally and abroad. Most notably while studying abroad in Ecuador, I saw the importance of preventative and general medicine which ignited my passion for family medicine specifically. I love being active, being outdoors, long-distance backpacking, trying new activities like line dancing, and traveling. I chose the Fort Collins Family Medicine Residency program because it felt like a great fit all around. I heard wonderful things about the program which led me to apply and I found them to be true. In a virtual setting, I felt comfortable and welcomed by faculty and residents. I am excited for the excellent, well-rounded, full-scope family practice training with strong obstetrical training. Furthermore, I couldn't have asked for a better location. I am close to family, surrounded by countless outdoor activities, and it's perfect for my doggo, Quigley, and I! I am interested in Women's health, preventative health, global health, rural health, and serving underserved populations. While at Fort Collins Family Medicine Residency, I hope to learn to be a compassionate, competent, full-scope family medicine physician who can serve the health care needs of my community.

**Jason Spicher, MD, Pennsylvania State  
University College of Medicine**



I'm from Lancaster, Pennsylvania and I grew up spending a lot of time outdoors hiking and camping. During college I helped organize our bicycle co-op and still love riding, building and repairing bikes of all kinds! I also enjoy baking, homebrewing and roasting my own coffee. I studied Biology, Chemistry and Spanish at Eastern Mennonite University in Harrisonburg, Virginia and was a member of the Honors Program. As a child I would join my father seeing patients in the nursing home near our home where he worked, and knew I wanted to have a job where I could connect with and help patients in a similar way. After college I moved to Alamosa, Colorado to volunteer in the county public health department and became interested in community health and primary care. This inspired me to go to medical school with the goal of becoming a family physician. In my spare time I enjoy cooking, baking, biking, homebrewing, roasting coffee, sewing, running, camping, really anything outside! I chose the Fort Collins Family Medicine Residency program because I wanted a program where I could learn a wide variety of skills as a family doctor in a community setting. My wife, Krista, and I also really wanted to return to the mountains of Colorado! My medical interests include public health, point of care ultrasound, medical education curriculum development, and the wide variety of procedures family doctors can do! During residency I hope to continue to foster my curiosity for the medical sciences while increasing my confidence in providing patient care. I'd love to work in the inpatient and outpatient setting after graduation.

**Allee Torres, MD, University of Colorado  
School of Medicine**



I am from both Albuquerque, New Mexico and Colorado Springs, Colorado. Growing up I enjoyed hiking, throwing a ball back and forth with friends, camping, fishing, and traveling. I received my Bachelor's from Stanford University and my Master's from Georgetown University. I decided I wanted to become a doctor while working on my Master's degree and was inspired by seeing how much my family and community's health was impacted by their family physicians. I want to give back to my community and communities like it and I hope to work in an underserved area. I still enjoy hiking, throwing a ball back and forth with friends, camping, fishing, homebrewing, gardening, and spending time with my family I chose the Fort Collins Family Medicine Residency program because I was drawn to the program's strengths of full-scope training in a beautiful setting. I loved the idea of training that opens doors to work in any setting. I also wanted to be part of a program that is involved in its community, and Fort Collins FMR definitely checked that box. I am interested in rural/underserved medicine and am passionate about preventive medicine and behavioral health. While at the residency I hope to learn how to be a family physician who understands and is an active member of the community I work in. I hope to gain the skills to work in most settings.

**Anna Venardi, DO, Kansas City University of  
Medicine and Biosciences  
College of Osteopathic Medicine**



I was born and raised in Walnut Creek, California. I was a voracious reader growing up, often getting in trouble with my mother for reading when I was supposed to be going to sleep. I attended University of California, Santa Barbara where I received my degree in Microbiology. I don't know when I decided to become a doctor, but for as long as I can remember becoming and practicing as a doctor was what I envisioned for my life. Listening to people and making them feel heard has always been important to me and becoming a doctor allows me to do that and more. I enjoy hiking, swimming, yoga, cooking, reading, and traveling as much as possible whether that be far or near. I chose Fort Collins Family Medicine Residency program for the full scope medical training it provides its residents and the friendly and inviting nature of the faculty, staff, and residents. My medical interests include women's health, prenatal care and obstetrics, and working with underserved populations. I hope to truly become a full scope family medicine physician that can practice confidently in a variety of settings with extensive procedural training.