

# Postbaccalaureate Pre-Health Program

*Fall 2024 Newsletter*



## Director's Message: The Pursuit of Authenticity

There are so many good adjectives out there. Students writing personal statements might think there should be even more. Admissions representatives who read personal statements and evaluation letters for a living might think there are too many. I find that adjectives are more like clinical and service hours: it's more about the quality than the quantity. Quantity for quantity's sake can dilute potency and ring of overcompensation. As I envision a student reading and reacting to these words, I picture them running to delete some adjectives and immediately using their computer's synonym function, if not ChatGPT. The irony is that many personal statement authors who plumb the depths of their thesaurus for the most impressive-sounding words are likely diminishing the efficacy of their writing instead of augmenting it. Quality for quality's sake is always to be sought, but do not get this twisted with "fancy for quality's sake," which can often backfire. Which brings me to my favorite adjective: authentic. To me, 'authentic' is a lovely blend of 'genuine' and 'original,' neither of which is pretentious, and all of which are sought not only in healthcare professionals but anyone.

One of my favorite quotes of late - of unknown origin - is "One avoids competition through authenticity." There is only one me, there is only one you. I will never be a better you and you will never be a better me. The same thing applies to everyone you meet. In the tournament of being you, you will always reign undefeated. All we must do is continue to discover, hone, and develop ourselves into an ever-optimizing authentic self on our way to the things we will learn, achieve, and become. Countless others will influence us and, while we do not get to control the actions of others, we can control how we channel our respective evolutions productively and authentically.

It remains the greatest privilege of my career to be a part of a program that has provided so many incredible individuals a gateway to charge through, onwards to their personal and professional dreams, through a lot of hard work, adaptation, and resolve. This program will always strive to match the authenticity of its parts -the students, faculty, alumni, and staff- to continue to evolve into the best version of itself. This year, it has had to do so while mourning the loss of Dr. Toby Eisenstein, who directed our ACHS Microbiology/Immunology course for 8 years. She will be missed, and we will honor her by always doing our best to support our students as authentically as she did throughout her career.

Thank you,  
*Bob Rarig, PhD, Program Director*



Eric Canlas, Nali Moon,  
Kathy Castor, & Donalón  
Grimes (ACHS '24)  
volunteer at the  
Philadelphia Love Run.



Marie Staley, Orrin Wilson,  
& Chris Chang (BCHS '22)  
celebrate the end of their  
M1 year at LKSOM.



# White Coat Wonders



**From top to bottom, left to right:**

**Brett Weiss** (BCHS '23) receives his white coat from the University of Miami Leonard M. Miller School of Medicine!

**Jill Connolly** (ACHS '24) begins her journey at Rowan-Virtua School of Medicine in her white coat!

**Yemi Oduwole** (BCHS '22) celebrates his white coat ceremony at the University South Carolina School of Medicine Greenville!

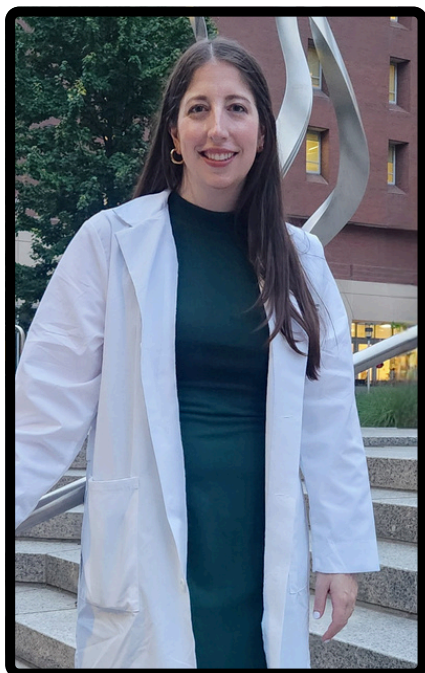
**Sabah Halim** (ACHS '22) flies into medical school at Temple University Lewis Katz School of Medicine!

**David Hutchins** (ACHS '21) receives his white coat from Drexel University College of Medicine!

**Julia Remlinger** (ACHS '23) sports her white coat from Pacific Northwest University of Health Sciences College of Osteopathic Medicine!



# White Coat Wonders



**From top to bottom, left to right:**

After starting her D3 year, **Julie Erhart** (BCHS '21) finally celebrates her white coat ceremony at University of Maryland School of Dentistry!

**Cameron Brown** (far left; BCHS '23) and **John Cole** (far right; ACHS '21) begin their journey at PCOM!

**Kyle Cappuccio** (left; BCHS '22) and **Rick Ross** (right; BCHS '23) connect and celebrate their white coat ceremony at PCOM!

**Ellie Goldstein** (BCHS '22) receives her white coat from Thomas Jefferson University Sidney Kimmel Medical College!

**Dovid Chaimovitz** (BCHS '22) sports his white coat from Rosalind Franklin University Chicago Medical School!

**Meena Al-Tikriti** (left; ACHS '24) and **GeGe Celements** (right; ACHS '24) celebrate their successful linkage to PCOM in their white coats!

# School Acceptances

KEY: \* = acceptance in the E2024 application cycle!; **red text** = a school that is new to our acceptance list!

## ALABAMA

- Alabama COM \*
- University of Alabama at Birmingham - Marnix E. Heersink SOM
- VCOM - Auburn

## ARIZONA

- A.T. Still University - SOM in Arizona
- Midwestern University College of Dental - Arizona
- Midwestern University - Arizona COM \*

## ARKANSAS

- Arkansas COM

## CALIFORNIA

- American University of Health Sciences College of Pharmacy
- California Health Sciences University COM
- California Northstate University COM
- Charles R. Drew/UCLA Medical Education Program
- Touro COM - California
- USC - Keck School of Medicine
- Western University College of Dental Medicine
- Western University - COM of the Pacific \*
- **University of the Pacific - Arthur A. Dugoni School of Dentistry \***

## COLORADO

- Rocky Vista University COM – CO \*
- University of Colorado SOM

## CONNECTICUT

- Quinnipiac University - Frank H. Netter SOM
- University of Connecticut SOM \*

## DISTRICT OF COLUMBIA

- Howard University COM \*

## FLORIDA

- Barry University - PA Program
- Florida Atlantic University - Schmidt COM \*
- **Herbert Wertheim COM - Florida International University \***
- Larkin University College of Pharmacy
- Nova Southeastern University - Kiran C. Patel COM \*
- South University, West Palm Beach - PA Program
- University of Central Florida COM
- University of Florida COM
- University of Miami - Leonard M. Miller SOM \*
- University of South Florida - Morsani COM
- University of Tampa - PA Program

## GEORGIA

- Augusta University Medical College of Georgia
- Emory University SOM
- Moorehouse SOM - PA Program
- PCOM Georgia
- PCOM South Georgia

## IDAHO

- ICOM \*

## ILLINOIS

- Midwestern University - Chicago COM
- Midwestern University College of Dental - Illinois
- Rosalind Franklin University - Chicago Medical School \*
- Rosalind Franklin University - PA Program
- Rush University Medical College
- University of Illinois Urbana-Champaign - Carle Illinois COM
- **University of Illinois COM \***

## INDIANA

- Indiana University School of Dentistry \*
- **Indiana University SOM \***

## IOWA

- Des Moines University COM
- University of Iowa - Roy J. and Lucille A. Carver COM

## KANSAS

- Kansas COM \*

## KENTUCKY

- **University of the Cumberlands - PA Program \***
- University of Kentucky COM
- University of Louisville School of Dentistry
- University of Louisville SOM \*

## LOUISIANA

- VCOM - Louisiana

## MAINE

- University of New England COM \*
- **University of New England College of Dental Medicine \***

## MARYLAND

- **Uniformed Services University - F. Edward Hebert SOM \***
- University of Maryland Eastern Shore - PA Program
- University of Maryland School of Dentistry \*
- University of Maryland SOM



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## MASSACHUSETTS

- Boston University - Chobanian & Avedisian SOM
- MGH Institute of Health Professions - PA Program
- Tufts University School of Dental Medicine
- Tufts University SOM
- University of Massachusetts - Chan Medical School

## MICHIGAN

- Michigan State University College of Human Medicine
- Michigan State University COM
- Oakland University - William Beaumont SOM \*
- Wayne State University SOM \*
- Western Michigan University - Homer Stryker SOM

## MINNESOTA

- University of Minnesota SOM
- **University of Minnesota School of Dentistry \***

## MISSISSIPPI

- **William Carey University COM \***

## MISSOURI

- A.T. Still University - Kirksville COM
- A.T. Still University - Missouri School of Dentistry & Oral Health
- Kansas City University COM

## NEBRASKA

- **Creighton University School of Dentistry \***
- Creighton University SOM \*

## NEVADA

- Touro University Nevada COM
- Roseman University College of Pharmacy
- Roseman University COM
- University of Nevada, Las Vegas - Kirk Kerkorian SOM
- University of Nevada, Reno SOM

## NEW HAMPSHIRE

- Dartmouth College – Geisel SOM

## NEW JERSEY

- Hackensack Meridian SOM
- Rowan University - Cooper Medical School
- Rowan-Virtua SOM \*
- Rutgers University - NJMS
- **Rutgers University - NJMS School of Dental Medicine \***
- Rutgers University - RWJ Medical School \*

## NEW MEXICO

- New Mexico State University - Burrell COM \*

## NEW YORK

- Albany Medical College
- Albert Einstein COM
- Canisius College - PA Program
- Cornell Univ. - Weill Cornell Graduate School, PA Program
- Hofstra University - Zucker SOM at Hofstra/Northwell
- New York College of Podiatric Medicine \*
- New York Institute of Technology COM \*
- **New York Institute of Technology - PA Program \***
- New York Medical College
- NYU College of Dentistry
- Stony Brook University - Renaissance SOM
- Stony Brook University School of Dental Medicine
- SUNY Downstate - PA Program
- SUNY Downstate COM \*
- SUNY Upstate Medical University
- **Touro College of Dental Medicine \***
- Touro COM - Middletown
- Touro COM – NY
- University at Buffalo - Jacobs SOM and Biomedical Sciences \*
- University of Rochester School of Medicine and Dentistry

## NORTH CAROLINA

- Campbell University - Jerry M. Wallace SOM \*

## NORTH DAKOTA

- University of North Dakota SOM

## OHIO

- Case Western Reserve University SOM
- **Case Western Reserve University School of Dental Medicine \***
- Kent State University College of Podiatric Medicine
- Northeast Ohio Medical University
- **The Ohio State University College of Dentistry \***
- University of Cincinnati COM
- University of Toledo COM \*
- Wright State University - Boonshoft SOM

## OREGON

- Oregon Health and Science University SOM



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## PENNSYLVANIA

- **Alvernia University - PA Program \***
- Arcadia University - PA Program
- Drexel University COM \*
- **Drexel University - PA Program \***
- Geisinger Commonwealth SOM
- LECOM \*
- Lock Haven University - PA Program
- PCOM \*
- Penn State COM \*
- Saint Joseph's University - Philadelphia College of Pharmacy
- Salus University - PA Program
- Temple University - LKSOM \*
- Temple University - LKSOM, PA Program \*
- Temple University - Maurice H. Kornberg School of Dentistry \*
- Temple University - School of Podiatric Medicine \*
- Thomas Jefferson University - Sidney Kimmel Medical College \*
- Thomas Jefferson University - SKMC, PT Program
- Thomas Jefferson University College of Pharmacy
- **University of Pennsylvania School of Dental Medicine \***
- University of Pittsburgh SOM

## RHODE ISLAND

- **Bryant University - PA Program \***

## SOUTH CAROLINA

- North Greenville University - PA Program
- University of South Carolina SOM Columbia
- **University of South Carolina SOM Greenville \***
- VCOM – Carolinas \*

## SOUTH DAKOTA

- University of South Dakota - Sanford SOM

## TENNESSEE

- **Belmont University - Thomas F. Frist, Jr. College of Medicine \***
- Lincoln Memorial University - DeBusk COM \*
- Meharry Medical College \*

## TEXAS

- Texas Tech Univ. Health Sciences Center - Paul L. Foster SOM
- UT Austin - Dell Medical School
- UT San Antonio - Long School of Medicine
- UT Southwestern Medical School
- UTMB Galveston

## UTAH

- Noorda COM \*
- Roseman University College of Dental Medicine \*

## VERMONT

- University of Vermont - Robert Larner COM

## VIRGINIA

- Eastern Virginia Medical School \*
- Liberty University COM
- VCOM - Virginia \*
- Virginia Tech Carilion SOM

## WASHINGTON

- Pacific Northwest University of Health Sciences COM \*
- Washington State University - Elson S. Floyd COM \*

## WEST VIRGINIA

- West Virginia University SOM \*

## WISCONSIN

- University of Wisconsin School of Medicine and Public Health



# Birds of a Feather

*We should stick together!*



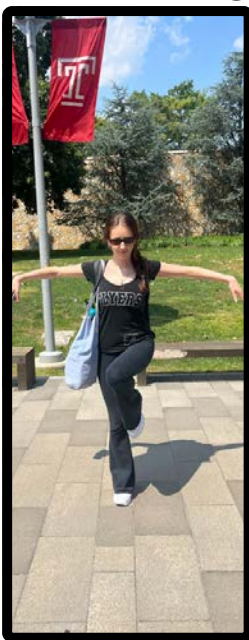
The **ACHS & BCHS Class of 2024** enjoy their time in Philly and make memories during their postbacc year!



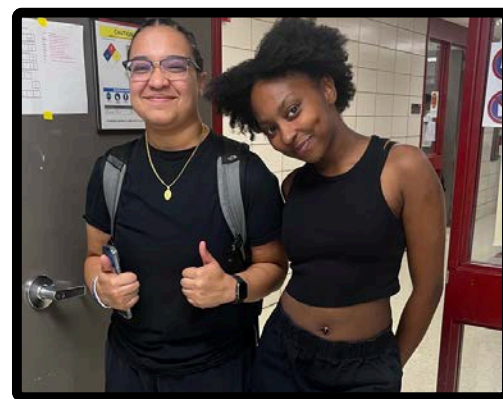
# Spirit Week

BCHS Class of 2025 survives summer finals week in style!

## M: Sports Day



## T: Twin Day



From top to bottom, left to right:

**Dan Carminio** rocks his jersey!

**Jenny Galkin** reps the Philadelphia Flyers!

**Jordyn Thomas & Bella Foghi** pose in their athletic gear!

**Bob Rarig** shows his support for Iceland's national football team, **Grace March** reps the Phillies, **Sarah Jones** reps the Philadelphia 76ers, and **Jackie Sackie** rocks her athletic gear!

**Alec Iula** rocks his Philadelphia Eagles hat (Go Bords!)/

**Cortney Johnson** cheers on Philadelphia!

**Tonya Chera & Jenny Galkin** pose in their matching outfits!

**Tashawna Maxwell & Amanda Dulmovits** twin in their matching Heyday Athletic t-shirts!

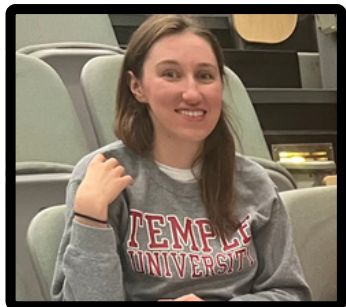
**Giselle Guzman & Aisha Johnson** rock their matching outfits!



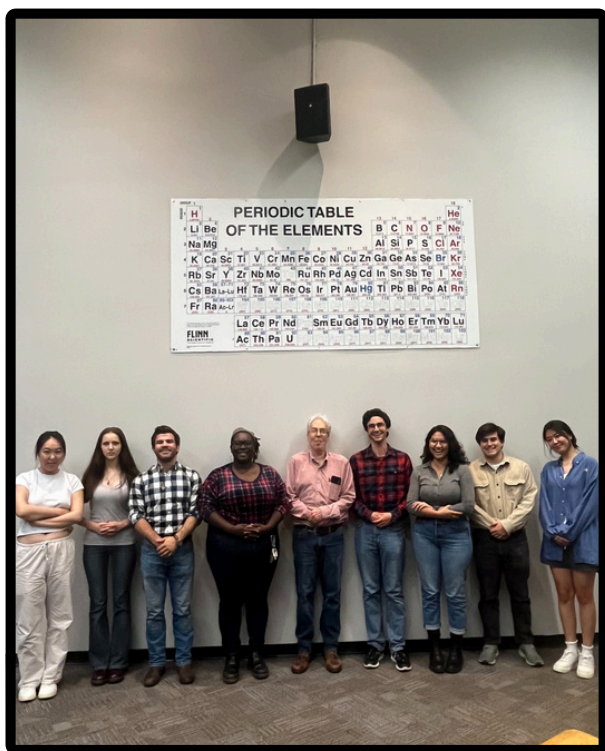
# Spirit Week

BCHS Class of 2025 survives summer finals week in style!

## W: College Day



## Tr: Bloxton Day



## F: 'Thinking Cap' Day & Gen Chem II Final



**From top to bottom, left to right:**

**Eva Ahmad** cheers for Temple!

**Kathryn Gruber** sports her Temple gear!

**Cortney Johnson & Dan Carminio** rep their undergraduate schools - Kenyon College and Rutgers University!

**Alec Iula** rocks his undergrad - University of South Carolina!

**BCBS students** pose with Dr. Bloxton, sporting his iconic jeans, flannel, and boots combo!

**Liam Bolotin** sports gear from Air & Speed Surf Shop!

**Lisa Iyke** strikes a pose in her flower crown!

**Evan Battallio** rocks his camo hat!

**Andrew Senane** reps Los Angeles!



# Service

## The Postbacc Student Org gives back to their community!



**From top to bottom, left to right:**

The **Postbacc Student Org** volunteers at the 2024 Philadelphia Love Run!

**Suzy Girgis** (BCHS '24) & **Eric Canlas** (ACHS '24) stay warm during the Love Run!

**Bob Rarig** & **Eric Canlas** (ACHS '24) donate blood for the student org-hosted blood drive!

**Austyn Humble** (ACHS '24) & **Nali Moon** (ACHS '24) collaborate with Manna!

The **Postbacc Class of 2025** assembles the new student org e-board; **Tshawna Maxwell** (BCHS '25; BCHS Representative), **Soumya Sthavara** (ACHS '25; Communications Chair), **Olivia O'Toole** (ACHS '25; Secretary), **Eva Ahmad** (BCHS '25; Vice President), **Jenny Galkin** (BCHS '25; President), **Tongya Yang** (BCHS '25; Events Chair), **Amber Kim** (ACHS '25; Treasurer), & **Elizabeth Mantilla** (ACHS '25; ACHS Representative)!





**From top to bottom, left to right:**

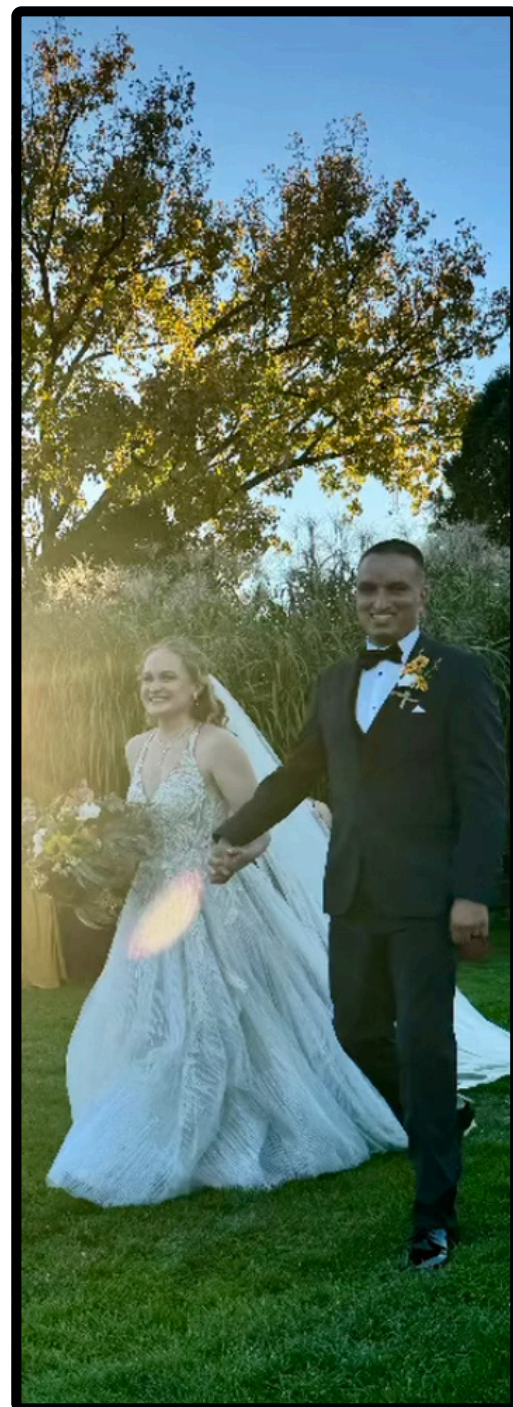
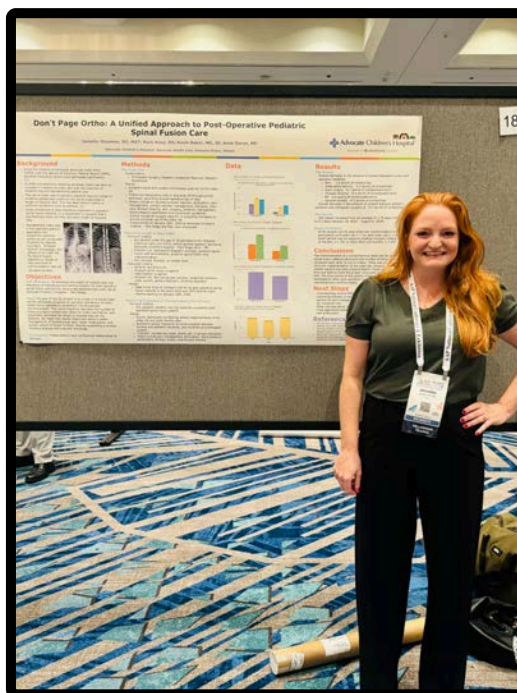
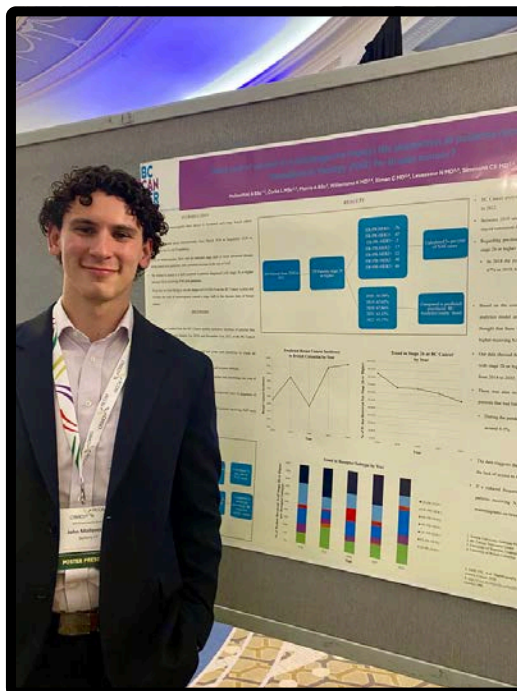
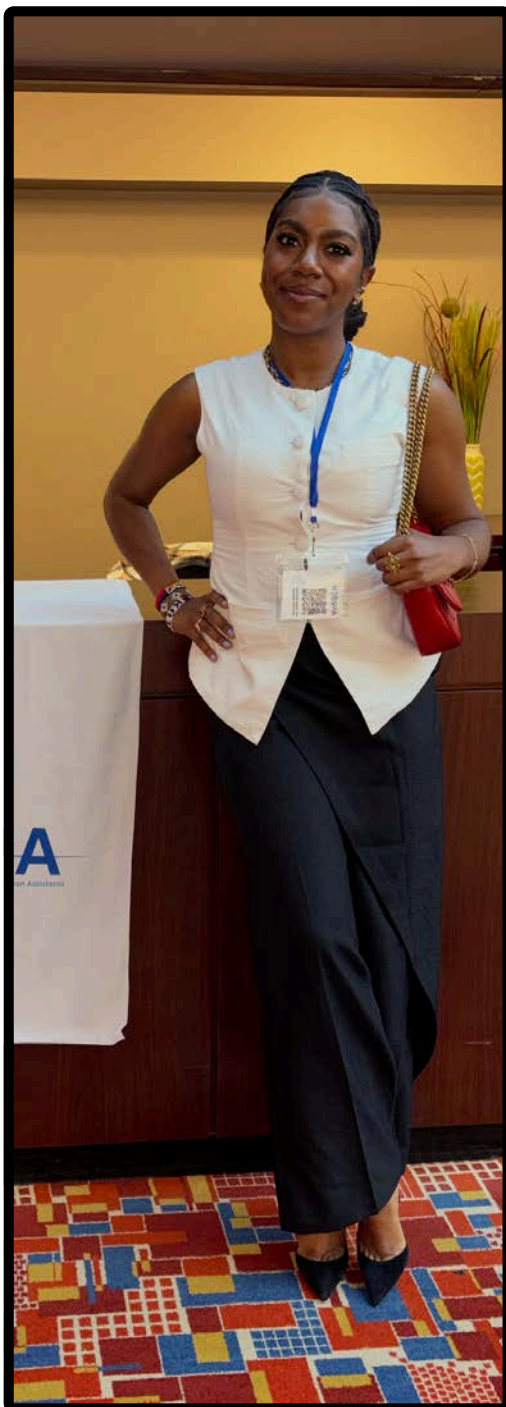
**Jory Parson** (ACHS '20; PCOM '25) crosses the finish line at the Hotter N Hell 100-mile bike ride in Wichita Falls, TX. Jory balanced training, participating in the ride, two general surgery audition rotations, all while working through his M4 school work. He shares some critical advice - "If something is important, you will make time for it, even in medical school. Always prioritize your mental health, physical health, and emotional health."

**Tim Scheinert** (BCHS '20; Hackensack Meridian SOM '26) is taking a year off between his third and fourth years of medical school to work in Boston with Link Health, a non-profit that enrolls low-income individuals in federal benefit programs. Their team disbursed over a million dollars this summer - helping folks afford basic needs such as groceries, child care, insurance, and internet access. If you are in the Boston or Houston area and looking for growth year activities, you can find out more [here](#) and [apply](#).

Fellow BCHS '22 alums **Maya Hoke** & **Lizzie Sullivan** (Indiana University SOM '28) reunite to celebrate **Ellie Goldstein's** (Sidney Kimmel '28) wedding!

**Dr. Jenny Glusman** (ACHS '17; PCOM '21) poses with the precious set of triplets that she cared for during her residency in pediatrics at Advocate Children's Hospital - Park Ridge, IL. After graduating from her residency, she continued on with Advocate Children's Hospital to begin a fellowship in pediatric hospital medicine!





**From top to bottom, left to right:**

**Kathy Castor** (ACHS '24; Rutgers PA '27) attends the New Jersey State Society of Physician Assistants (NJSSPA) Conference as an official PA-S!

**Andrew Mollenthiel** (BCHS '24) presents his research on access to mammograms and neoadjuvant therapy for breast cancer at the Canadian Association of Medical Oncologist conference in Ottawa, Ontario!

**Dr. Jenny Glusman** (ACHS '17; PCOM '21) presents her research on post-operative pediatric spinal fusion care at the American Academy of Pediatrics conference in Orlando, FL!

**Athena Masi Loiacono** (ACHS '19; Touro '25) marries her partner Mike in a beautiful ceremony in Lake George, NY! She was also named Touro COM's 2024 Student Researcher of the Year and is finalizing her recent research project in Interventional Oncology at Yale New Haven Hospital!



# Good News



**From top to bottom, left to right:**

**Dr. Uloma Opara-Osuoha** was promoted to Associate Professor of Instruction in the Department of Biology!

**Bob Rarig**, Director, returned to the classroom in Summer 2024 to lead this year's Learning Skills seminar series! He was also selected to co-chair the NAAHP National Postbacc Committee and served as an at-large board member for NEAAHP!

**Dr. Olena Mishchuk** was promoted to Associate Professor of Instruction in the Department of Biology!

**Jackie L. Sackie**, Academic Advisor, began teaching our Medical Terminology class!

**Sarah D. Jones**, Program Assistant, was awarded the Department of Criminal Justice's James J. Fyfe Research Paper Award, passed her PhD program's comprehensive exams, and celebrated her 6-year work anniversary with the CST Postbacc Program!

**Drs. Frank Nelson & Uloma Opara-Osuoha** were recognized for their work with Temple CST's First-Generation Initiative! Read more about their work and the Initiative in the newest edition of the [Outlook magazine](#).