

# Therapeutic WINDOW

UCSF School of Pharmacy

ASSP-ASUC | Spring 2015

## Healthy Body, Healthy Mind

By Esther Yi, Past ASSP Pres.

Every year the UCSF School of Pharmacy succeeds to go above and beyond to establish a presence on campus and within our community. In the midst of classes, midterms and final exams, our 9 RCO's and 4 fraternities, encompassing over 200 student leaders, planned and delivered over 300 professional, cultural, and social events and over 25 outreach projects, in this year alone. Several students even went further to represent our school and profession by presenting their research nationally and globally while others impressed esteemed judges with their clinical skills, managed care savvy and entrepreneurial creativity at nation-wide competitions. Honestly, 30 weeks and 24 hour days are simply not enough to complete and do the work that our students manage to accomplish in a given year. But, every year they do it, and they do it well. Words of gratitude truly do not do justice to all your amazing abilities and the caliber of work that all of you have done to define and distinguish the quality and passion that is so unique to UCSF. Thank you.

However, 30 weeks filled with academic deadlines, leadership responsibilities, internship commitments and other extracurricular activities, makes it easy for us to only see the landmark accomplishments that seem to define us and inevitably causes us to overlook the dangerous day-to-day routines that govern us at our core. 24 hours in a day are truly not enough time to meet the deadlines and accomplish the goals that I know every ambitious UCSF pharmacy student strives to achieve, and something ultimately has to give. Inevitably, there are many sleepless nights, unhealthy diets and detrimental habits that accompany this race towards success and and it is easy to forget the journey and only remember the finish line. It's so easy to pat ourselves on the back after getting that A or successfully planning an event and to forget about the days of lost sleep, infusion of caffeine,



missed trips to the gym and accumulated stress that become so routine and a vicious cycle of compromising our health for success.

To say that I am not a victim to this dangerous bargain, would be a hypocritical lie. As students, time is everything, it allows you to study more, work more, and do more. Time truly equals brain, and thus it's easy to compromise sleep, quality nutrition, and a 30 minute run, for more time. However, I would like to encourage you to reflect on this past year. Definitely, celebrate your successes and accomplishments, for they are very well deserved. But, also remember the journey to how you got there as well. Have you been compromising your health? Being a student is rough, being a pharmacy student at UCSF is rough, and being a successful healthcare professional is rough. Life will present you with variable challenges, opportunities and situations where time is the limiting factor. But, your health should never be a variable, and it should never be compromised. I admit I still struggle to make my health a priority and to set aside time to take care of myself, whatever outlet that may be. But, when I do find myself in this trap, I ask myself this question:

How can I possibly help my patients and call myself a health care provider when I can't even take care of myself?

*P2s at the Annual ASSP banquet 2015!*

### What's Inside

ASSP Updates.....	2
Student of the Quarter....	3
PLS.....	3
Class Updates.....	4
Admin. Spotlight.....	6
AMCP.....	8
APhA.....	8
COSA.....	9
CSHP.....	9
LAPS.....	10
NCPA.....	10
ACCP.....	11
SNPhA.....	11
Kappa Psi.....	12
Phi Delta Chi.....	12

*Edited by Grace Joy Kim & Malini Madhusudhan*

# New Board in the House

By Jessica Lee, ASSP President

Hello School of Pharmacy! My name is Jessica Lee, and I have the honor of serving you as your ASSP President-Elect for the 2015-2016 year. I am excited to be working with Esther Yi, the ASSP Board, and all the RCO's.

This past quarter has been a busy time of transition. The board members, including myself, are getting situated into our new roles and learning the ropes from our predecessors. We are working hard to continue the legacy of ASSP and to improve as your student government. We want to focus on a theme of collaboration this year. Whether it is between RCOs or among students, we want to broaden the interactions that we experience with others. So I challenge you to step out of your comfort zone and introduce yourself to someone new or ask that classmate you don't know very well to lunch. You never know what you might learn from your fellow colleagues!



ASSP presidential lineage! From left to right: Jessica Lee, Leann McDowell, Esther Yi

I want to thank everyone for being involved within the School of Pharmacy this year. As a P1, I know I am grateful to have the P2s and P3s serving us to provide awesome opportunities and fun events. The ASSP Board and I look forward to another great upcoming year. Have a wonderful summer, and we will see you in the fall!

*The perfect transition calls for perfect bagels! Bagel Day, Winter 2015 with past and present ASSP cabinets!*



## Students Of The Quarter

By Emmeline Academia  
ASSP VP of Student Affairs

*Students of the quarter were nominated and voted for by their classmates. On behalf of the ASSP cabinet, congratulations to all the students of the quarter for Winter 2015 and thanks to everyone that took the time to nominate!*

### Jennifer Tran

*Class of 2016*

“Jennifer is always willing to lend a helping hand to her classmates (whether it be with class, rotations, or even MyDispense). She is also dedicated to the school, as evidenced by her service on the Admissions Committee and the P4 cabinet.”

### Kari Lenore Ehm

*Class of 2017*

“Kari has such a big heart for our class and for people in general. What makes me confident that she will be an amazing pharmacist is her integrity, positivity, and earnest concern for the wellbeing of her classmates and those around her. While she is incredibly smart, what makes her student of the quarter is what she does for the class outside of academics. Kari goes the extra mile for us. It’s been a thought quarter, but Kari bought donuts for us during one of our toughest exams. She is caring and supportive of our entire class. She is always there to help.”

### Brandon Conley

*Class of 2018*

“Brandon Conley exemplifies student of the quarter for his willingness to take time out of his day to help his fellow students throughout the quarter. Specifically in his area of expertise, chemistry, Brandon has been kind enough to host multiple review sessions, answer questions, and produce study guides to help each and everyone of his fellow students. He sincerely wants his classmates to succeed and enjoys helping others. He is without a doubt our student of the quarter.”

## Making Memories

By Kimmy Tam and Kenneth Tham  
ASSP VPs of Social Affairs

As the academic year draws to a close and we reflect on the times we’ve spent together, it’s hard to believe that it hasn’t even been twelve months since we all first met! It feels like we’ve been together for so much longer. We’ve all spent long nights in the library before exams, agonized over our OSCE performances, slogged through shifts at IPPEs and internships, networked nervously with faculty and pharmacy managers

But these aren’t the things that have brought us close, nor are they what we’ll remember when we fondly look back on our time together in pharmacy school. We’ll remember the times we spent having fun with each other, such as at Trivia Night and Skit Night, at the Welcome Back Fair and at the UCSF Winter Formal. It’s these kinds of events that have helped us shake off the stress in our lives and deepen our friendships with each other, and we’re excited to be planning these events for the upcoming year.

Our goal for next year is to maintain the traditional events and introduce some new and exciting additions as well. We’d also like to have more events between the different schools at UCSF, so that we can better know our counterparts in the other professions. If you have any ideas or words of wisdom for us, please don’t hesitate to let us know! We’ll do our best to make sure we can all can enjoy yet another fun-filled year together!



*Big smiles from you new ASSP VPs of Social Affairs!*

# Updates from Your Lovely PLS Board

By Thomas Lee, PLS President

Phi Lambda Sigma fosters personal growth and professional development in the pharmacy students here at UC San Francisco. One of the ways that PLS does this is by recognizing individuals who have demonstrated their dedication to gaining the professional skills needed to be future leaders in our profession. Our organization distinguishes students who took the initiative to attend events throughout the year which furthered their understanding of the field of pharmacy and where they gained important career skills. This year, we recognize a staggering 33 people who have completed our Professional Development Series! to congratulate these students, we will be presenting them with a certificate of completion at the Professional Development Series Ceremony at the end of the Spring quarter.

This quarter, PLS also started an exciting new event series called Coffee Connections! Our first talk, co-hosted by AMCP, featured all of my favorite things about pharmacy school: coffee, mentorship, leadership development, and of course, the incomparable, Dr. Glenn Yokoyama. I am very excited to expand this event series to collaborate with more campus organizations and to learn from some of the best leaders in the pharmacy profession!

## Class of 2016: New Beginnings



*C/O 2016 enjoys last moment in SF before rotations.*

together as a whole this quarter, but I want to share just exactly how our quarter is going: scary, challenging but exciting, MyDispense, unpredictable, text-paging, stressful (for some), lost – directionally and in life, hot mess, clueless, MyDispense, dazed and confused, epic, zero time, essential happy hour(s), whirlwind, MyDispense, what we've been working

for, long days, learning experience, fun times, and the beginning of P4 year. The adjustment to the uncharted lifestyle of rotations has not been easy for any of us, but it is the unknown that makes it the most exciting. I look forward to seeing what this year holds and where it takes all of us!

By Erin St. Angelo  
Class of 2016 President

From day 1 at UCSF, a P4 has always been this sort of figment of the school, an illusive member, and something everyone strives to be, yet few know about. Well, finally the time has come for the class of 2016 to call themselves P4s! This quarter has marked a time of change for our class, a time to leave the

past umpteen years in the classroom behind us, and finally move onto the “real” world. While this change means no more tests, long hours in the lecture hall, or late nights in a random S room, it is also accompanied by the uncertainty of each rotation, the removal of the ‘UCSF safety zone,’ and probably the strangest, not seeing the same 120 people each day. The class of 2016 might not have been

# Class of 2017: Resilient and Undeclared

By Thanh Le

Class of 2017 President

None of you are the same person I first met during our P1 year at UCSF, and for that I am thankful. We came to UCSF to help. We are still learning to do that for our patients. This quarter we began to learn what it means to think like a pharmacist. With only two quarters of didactics left, and rotations a heartbeat away, we draw ever closer to equipping ourselves with the skills necessary to help our future patients. But I am a firm believer that it is about the journey and not the end. Though this year has been full of challenges, I am grateful because it has given me the opportunity to watch you do exactly what you came here to do--- to help. I have seen you comfort and encourage one

another and share in many moments of laughter, and some moments of tears. As the late Maya Angelou said, "We may encounter many defeats but we must not be defeated." We have showed the faculty and our peers how resilient the Class of 2017 can be. I have never loved you more than I do

today and I can think of no better companion on this journey we have ahead of us. Together we started, and together we will finish. I pledge to do my best to be a President deserving of this class.

Affectionately Yours, Thanh Le



*A rare, but lovely moment with the class of 2017, all together.*

# Class of 2018: Impressions

By Diana Tran

ASSP Therapeutic Window Editor-Elect

Spring quarter for the P1 class would best be described by Dicken's words, "It was the best of times. It was the worst of times..." When was it that we finally realized that we could relate to being P2s more than P0s? This quarter was defined by one word: metamorphosis.

As our first year in pharmacy school is coming to an end, we find ourselves taking on more than we initially imagined. When we walked through the doors of HSW for the first time, there was an atmosphere of awe and incredulity at the fact that we had finally made it. As the year progressed, we gradually shook off the disbelief and grounded ourselves in the center of this establishment. Once immersed, our class began to think about one important question and that was, "What is the

impression that we want to leave in the limited time that we have here?" To answer this question, we took to heart the challenge that Dr. Kishi posed to us in the fall. Our class found niches that needed to be filled by pharmacy students who were passionate about a cause. Now, we take on the mantles of leadership in organizations familiar to us, organizations outside our profession, and organizations that are waiting for us to carve the path. As we carry on, we say goodbye to our insecurities and hope to make valuable and lasting impressions throughout our careers.

*Some members of the P1 class spending some quality time together. Even though P1 year is coming to a close, there will still be opportunities like these to bond!*



By Malini Madhusudhan and Grace Joy Kim  
Therapeutic Window Editors

**Question 1: What is your story? How did you end up at UCSF School of Pharmacy?**

In high school I was really good at math and science. My mother was a teacher and was always wondering what her daughters would grow up to be. Ironically, my mom thought I would somehow be a good pharmacist. So, we visited this pharmacist in Kaiser Oakland when I was 16 years old. We went to the hospital down in the basement, with no windows and just medications. I remember at the time I thought, "Oh, there is no way. I cannot do this." So, the irony of it is that I ended up at the UCSF School of Pharmacy! My background is in Higher Education Administration of Student Affairs. I was an undergraduate at UC Davis and did graduate work at the University of Vermont in higher education administration. I also worked at a small college in Boston for a couple of years. I absolutely loved living there for a couple of years, but eventually decided I wanted to get back to the west coast. I came back here and worked for a couple of years at Cal State Hayward as the director of Student Life. At that time I had gotten married and had 2 children, so I didn't want to move all over the country for another job. An opening came up here and I was ready to do something different. I never thought I would be here 17 years later. At the end of the day, it's an interesting balance between my training in higher education and my background in science. I always had some understand of what students had studied because I was a Nutrition major as an undergraduate. It has kept me really challenged and I've really enjoyed my time here so far.

**Question 2: What is your favorite part about this job?**

It's definitely the people I get to work with. It's working with highly motivated students, who are passionate about what they do. It feels great to feel like you are part

UCSF Administration Spotlight:  
**Cynthia Watchmaker**



*Cindy Watchmaker is the Associate Dean for the UCSF School of Pharmacy and oversees the operations of OSACA and OEIS, and truly an important member of this school.*

of the process, helping students get where they want to be. I've got a great staff in this office and the team in OEIS, which has been a fun part of my job. I really enjoy working with faculty as well. I think that sometimes I feel like I have the opportunity to work with students through some very difficult moments, and that is probably the most gratifying part of my job. It's also wonderful to see how people blossom and grow when they are here. Students come in with a lot of talents and accomplishments, but sometimes you see this exponential development and change, and I get to see students get really excited about what they are

doing in the profession.

**Question 3: What are some of your core responsibilities?**

I'm responsible for all of the functions of OSACA including: working with the staff, managing staff functions, and working really closely with faculty on everything from administration of the curriculum to issues that come up that make things difficult for students (problem-solving mostly). I also work with the OEIS team, which is a fairly new aspect of our operations. We try to support that team in order for them to work with faculty and students.

**Question 4: Did you always know that you wanted to go into education? Do you have any other hobbies that students may not know about?**

My mom was a teacher, and she always said to me and my sister, “Find something that you love... but I don’t know if you should go into education.” And ironically, we both ended up in education. So initially, no, I didn’t know that that was what I wanted to do. When I was an undergraduate in Davis, I got involved with a lot of things as a student. I saw that there were people and programs that students can learn outside of the classroom that were very helpful for students to get through their studies, which really inspired me. Along the way, I met some really great mentors who showed me that a strong academic environment is more than just students and the faculty. It’s about the support that the students and faculty receive.

**Question 6: What’s your life like outside of UCSF?**

I have 2 sons, and they are my greatest achievement. I’ve been married for 25 years, and we actually just celebrated our 25th wedding anniversary. [Congrats!] I live in the East Bay in Walnut Creek, so I have a long commute here. I get here really early in the morning, before 7AM. Sometimes when students start APPEs, I’ll see students up here and they say “Cindy, what are you doing here so early?!” and I always think to myself, “Well, I’ve always been here this early!” My oldest son is a junior in college and my youngest son is a junior in high school. My husband and I are very involved with their sports; they

both play soccer and baseball. I love to travel, cook, and entertain. My life has been pretty full. Balancing work and family has been really important to me. It’s never been perfectly balanced, but I try to balance it the best way that I can.

**Question 7: What is your dream job?**

I think I’m at the point in my life where my dream would be to live and work in a foreign country. I didn’t get the chance to live and study abroad in college. Personally, it was a great experience living in Vermont and Boston. That was a great personal and professional experience. I’m always encouraging students if they are thinking about possibly leaving California for a while and getting a different experience outside of CA.

I think it’s a good way to get a perspective on living here in California. I thoroughly enjoyed living in New England. The winters were cold and I had to deal with the snow, but it was an adventure. I’m really grateful to have had this kind of adventure.

*Thank you, Cindy, for a wonderful interview and for being an amazing support to the students here!*

*Disclaimer: These thoughts and opinions are personal views of the faculty and do not represent the official stances of UCSF School of Pharmacy.*



*The Watchmakers enjoy some quality family time outdoors.*

# AMCP: Continuity and New Horizons

By Oscar Merino  
AMCP President

As the academic year comes to an end, we began the Spring quarter with the AMCP Annual Conference in San Diego, where our delegation proudly represented UCSF nationally. This year, our P&T Team was once again named as finalist in an increasingly competitive environment against a record number of schools. UCSF also had several students present their research, and our very own Aashish Surti and Dalga Surofchy won Best Student Poster Award. These accomplishments – among many others – demonstrated the incredible caliber of our colleagues and our school.

AMCP's goal is to further build on this momentum. We will continue helping students explore non-traditional paths of the profession while innovating new projects and events. We could not be in better hands: our newly elected 2015-2016 Board came in fired up and is already planning events for you in



UCSF Delegation at the AMCP Annual Meeting & Expo, San Diego California, April 8-10

the Fall. We are also thrilled to officially welcome our new Faculty Advisors, Dr. Marcus Ferrone and Dr. Marilyn Stebbins, who bring diverse insights and relevant experiences to AMCP. In addition, Glenn will continue supporting us and providing his invaluable advice and characteristic warmth. With such a stellar team, we are looking forward to welcoming the

soon-to-be P1s into the UCSF family. In that spirit, I want to leave you with a final reflection and AMCP's mantra for this year: "Continuity gives us roots; change gives us branches, letting us stretch and grow and reach new heights." Here's to one more year of reaching new horizons!

# APhA-CPhA: Spring Forward

By Leanne Thai  
APhA-ASP & CPhA President

The mission of the American Pharmacists Association – Academy of Student Pharmacists and California Pharmacists Association is to empower future pharmacists by providing opportunities that advance pharmacy practice, personal growth, and professional development. I am proud to say that with the dedication, innovation,

and ambition of our executive team, we have created a tremendous Spring quarter for APhA-CPhA. Starting off this quarter, we had 95 active members with 37 attendees to the APhA Annual Meeting & Exposition in San Diego, CA. At the national conference, all UCSF attendees gathered at a student caucus to form a unified stance on four proposed resolutions for the House of Delegates – the policy-making body of

APhA-ASP. At the CPhA West Coast Exchange in Anaheim, CA, Valdy Tjong (Class of 2016) and Kari Ehm (Class of 2017) placed 1st in the Quiz Bowl, as well as 2nd place in the Pain Counseling Competition. Congratulations to Valdy and Kari on their successes! In partnership with CSHP, we hosted our "Student Perspectives on Residency" night. Six panelists offered their perspectives on the why and how of applying to residency. We'd like to thank them for sharing their journeys and insights. At our lovely annual banquet, we said goodbye to the outgoing board and transitioned in a new board for 2015-2016. On behalf of APhA-CPhA, I'd like to express thanks to the faculty and members that continue to support our organization. I look forward to improving upon our great work with a talented group of incoming officers!

Class of 2017's Phong Ho, Christine Ly, and Kimberly Lau demonstrate proper inhaler technique at the APhA Annual Meeting and Exposition in San Diego, CA.





# COSA: Helping Hands of the Community

By Chrissy Vu and Elaine Mac, COSA External Directors

Spring Quarter 2015 - UCSF SOP Community Outreach Student Alliance COSA started off the Spring Quarter by welcoming the incoming Project Coordinators and Board Members for 2015-2016! We are excited for their transition and look forward to the innovative ideas they will bring to COSA.

One of the goals for COSA this year was to diversify our events. We made this successful by collaborating with NCPHS, a local non-profit organization that provides affordable housing and community service programs for the low-income, elderly population. For the first time ever, COSA brought its project coordinators and volunteers together to provide blood pressure screening, blood sugar check, and health education to a senior home in the Tenderloin. We serviced a total of

152 seniors. It was a wonderful opportunity and we look forward to participating again!

To close out the year, we held our annual banquet at the Ray and Dagmar Dolby Regeneration Medicine Building Boardroom on May 28th. It was a fun night to celebrate COSA's accomplishments and recognize individuals who have made significant impact in the community.

*Operation Immunization PC ready to serve the community: From left to right- Stephanie Ho, Edna Miao, Emmeline Academia, Kari Ehm*



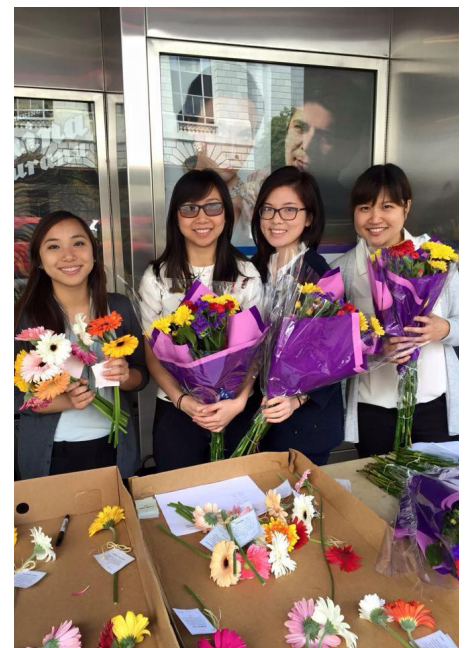
# CSHP: An End to an Amazing Year

By Stephanie Truong  
CSHP President

Spring quarter has been a super busy quarter for us all! Along with schoolwork, extracurricular activities and internships, students still actively participated in our numerous CSHP professional development events. The quarter began with our "Students' Perspective on Residencies" Panel where students learned about the challenges that P4s who just recently got matched faced, and gained personal insight on their experiences during the application process. "Night Out with Industry" followed, which gave students the opportunity to learn about new drug products from various pharmaceutical companies as well as to network with pharmacists of the Golden Gate chapter! We also had our Rotations Panel where anxious P2s who just recently received their rotation sites could learn about what to expect and tips to make the most of

their experience. Many P1s attended as well, which gave them a jump-start on thinking of how to rank their rotation site preferences.

With the school year coming to end, we had our annual Flower Sale where we provided the chance for friends and family of the graduating class of 2015 to send personal messages to them on their special day. CONGRATULATIONS to the Class of 2015! We finished up with a classy celebration of our 2014-2015 achievements and thanking all our amazing faculty, preceptors, and members at our "Black and White" Affair Spring Installation Banquet. Thank you to the outgoing board for such a wonderful year; the incoming cabinet is very excited for what's in store next year!



*Getting ready for the flower sale! From left to right: Stephanie Truong, Katherine Tran, Amorette Jeng, Rachel Kim*

# LAPS: Spreading Diversity

By Stephanie Roman, LAPS VP

The Latino Association of Pharmacy Students (LAPS) is a culturally diverse group of students devoted to providing health care services, education and outreach to under-served communities. Our main focus is to provide valuable health education and services, especially in the pharmacy setting to

the Latino communities in the San Francisco and Bay area.

Spring quarter, we were able to assist our preceptor Joel Alegria at the Rooftop Elementary and Middle School Health Fair, where we spoke to children and parents about the necessity of eating healthy. We were also able to demonstrate how to prepare

quick and healthy snacks. In addition to that, we were able to provide blood pressure and BMI screenings.

With the new board members in place, we hope to continue providing health care services, education and outreach to under-served communities. A few goals we hope to accomplish next year are to create more outreach services and to create our own poster/flyer on how to prevent disease states that are prevalent in the Hispanic community. Furthermore, we hope to work alongside other cultural clubs and continue educating our peers about the Hispanic culture in hopes of helping them connect better to their future patients.

*Rooftop Elementary and Middle School Health Fair: Luis Perez, Stephanie Roman, Kendra Radtke, Lizeth Rivera and Joel Alegria.*



# NCPA: Get on the EntrepreneurSHIP!

By Christina Yu

NCPA President-Elect

Welcome aboard to NCPA, the National Community Pharmacists Association! Since NCPA last anchored for our Business Skills and Entrepreneurship Elective in the winter, NCPA has sailed along the coast to Mission Bay for the Riva Robots Tour led by Dr. Rita Jew, the Director of Pharmacy at UCSF Medical Center. The Riva Robots automatically prepare oral and injectable medications, including toxic chemotherapy drugs. These drug robots have not only drastically decreased medication preparation errors but also have allowed pharmacists to focus on patient care to strive for better health outcomes. After visiting Mission Bay, NCPA returned to home base at the Parnassus campus for NCPA's 2015 Spring Banquet.



*2015 NCPA Spring Banquet: I-Chen Fong, Nishta Patel, Dalga Surofchy, Dr. Kevin Rodondi, Dr. Brian Komoto, Elyse Young, Christine Yu, Katherine Kazanjian, Felice Wu, Micah Ahazie*

NCPA business team presented Jay Barcelon and Chris Shahrooz-Foo from the 2014 their business plan, which placed third nationally among 47 schools. nationally among 47 schools. The 2015 NCPA business team which includes Micah Ahazie, La Toya Thompson, Christine Yu, and Yu Zhang also presented their business plan for Beginnings Pharmacy, an independent pharmacy focused on premium patient-centered maternity care. NCPA thanked our wonderful advisor, Dr. Brian Komoto, and supportive faculty who are pushing forward the boundaries of community pharmacy. Please join us in the fall for more events advocating entrepreneurship and business in the field of pharmacy.

# ACCP: Future Directions

By Kendra Radtke  
ACCP President

*Introducing, the new 2015-2016 ACCP Board!*



ACCP is very excited to now be a part of ASSP! The ACCP Student Chapter is dedicated to helping students explore clinical research opportunities. This year we were able to help students of all years get involved in clinical research, and three of our ACCP-sponsored projects were published! We also hosted two clinical research lunch talks featuring Dr. Kathi Giacomini and Dr. Kirby Lee. So what's next?! This summer we will be hosting a local competition to select a team to represent UCSF in the ACCP Clinical Pharmacy Challenge at the ACCP Global Conference in October. Our new board is very enthusiastic about ACCP and excited to implement some new events for the 2015-2016 school year. Watch out for us in your email in the fall to get involved and learn more about PharmD opportunities in clinical research!

# SNPhA: Collaborating to Make Wellness Work

By Edna Cheung  
SNPhA President

**CC:** Follow-up request by the Therapeutic Window

**S:** The SNPhA chapter at UCSF presents with gradual and steady growth. The 2014-2015 officer board has left a legacy in pioneering several new events, and the 2015-2016 board has already begun to further improve and expand our programming. Chapter reports warm, fuzzy feelings. Physical exams: 43 SNPhArmily

members. Well-appearing and dedicated to serving the under-served. Alert & oriented x3. Chest X-ray shows cardiomegaly because members have a big heart.

#### **Assessment/Plan:**

1. Professional development: All Clinical Skills Competition teams exceeded expectations. Performance in clinical judgment, patient counseling, and reference utilization was excellent per expert opinion of competition judges.

Continue hosting events to supplement therapeutics coursework.

2. Community service: Successful initiation of partnership with Project Healthy Heart and SFGH in providing blood pressure and biometric readings at community health fair. Goal met of providing service to the SF community. Continue collaboration with SFGH and COSA.

3. Education/awareness: Great turnout at Mental Health Awareness Benefit and Breaking Language Barriers Workshop. Goal met of increasing awareness of health disparities and empowering student pharmacists to tackle these issues. Continue to offer language training workshop and explore creative ways to elucidate health disparities to the UCSF community.



*We may be transitioning, but the events they started are here to stay! Alysha Fahmi, Jefferson Cua, Jackie Boudle, Katherine Huynh, Nozomi Giese, Euphie Qin, Trisha Halim, Edna Cheung (Not pictured: Rob Patterson)*

# Kappa Psi: Defining Brotherhood

By Diana Tran

KY Corresponding Secretary

Spring has always been a season of new beginnings, which encompasses the spirit of change as well as appreciation for what has already come to pass. The atmosphere of this quarter emanated a sense of bittersweet goodbyes as well as a sense of excitement for the year to come.

On one hand, we had to say our heartfelt farewells to our P4 brothers during the Graduation Ritual, which served to not only recognize their accomplishments, but also express our best wishes as they continue to uphold the principles of Kappa Psi throughout their careers. On the other hand, we also welcomed a new KY board for the next year, who will be responsible for carrying on the spirit of brotherhood as a new class joins our pharmily.

As this school year comes to a conclusion, the new board would like to thank the 2014-2015 board for the spectacular job they have done this year. Not only did they host the first San Francisco Pacific West Province Conclave in the last decade, but they also showed us the qualities that a member of the Beta Gamma chapter must possess. From CP cram nights to serving those in need at Glide Kitchen, we carry with us a commitment to academic excellence, an enthusiasm for service, and most importantly, an appreciation for our incredible brothers. To borrow the lyrics of Jimmy Napes and Jack Patterson, "As long as we're together, there is no place that I would rather be." As always, PTBYB.



*The brothers of the Pacific West Region at the first province hosted by the Beta Gamma chapter in eight years. Congratulations to Richard Duong, our new Pac West Historian!*

# Phi Delta Chi: Growth, Grapes, and Graduation

By Luis Perez

PDC Worthy Chief Counselor

Springtime is synonymous with reflection time for PDC. Our newly initiated brothers can look back at the connections they made in the rush season and cemented in the pledge season, while our seasoned brothers can celebrate their continued efforts in making our fraternity feel like a family. We began this quarter of reflection with one of our favorite events: the yearly Napa trip! This event lets us all escape the hustle and bustle of San Francisco for the idyllic, green fields of wine country. Our brothers sampled (and bought!) wines, enjoyed a delicious barbeque lunch and baked goods, and took plenty of pictures in the scenic landscapes. This day trip always begins our spring quarter with a high note and allows us to socialize in a relaxing environment.

Spring quarter is also graduation time! Our dedicated Social Chair, Elaine Chi-

ang, led the effort in gathering gifts and crafting handmade leis for all of our graduating brothers. Many of our brothers went to congratulate their bigs, grandbigs, and great-grandbigs on becoming PharmDs! Seeing all of these graduates reminds us of what lies ahead of us not only beyond the classroom, but pharmacy school as well. We wish all of our graduated brothers the best in their careers! With the school year coming to a close, the new PDC board looks forward to preparing for the next school year's adventure!



*The Zeta chapter gathers for a group photo in one of Napa's many wineries.*