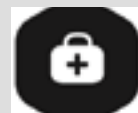


THERAPEUTIC WINDOW



UCSF School of Pharmacy

ASSP | FALL2015

Mindfulness and states of matter

By Esther Yi
ASSP President

Two young fish swim along and happen to meet an older fish swimming the other way. The older fish says, “Morning, boys. How’s the water?” The two swim on for a bit, until one eventually asks, “What the hell is water?”

allows us to be more selfless, empathetic, and aware of the world, hereby defined as our “water.”

The message of this story best reflects what I think makes the UCSF School of Pharmacy unique, our students distinguished, and our graduates successful. What distinguishes UCSF is its focus to

research in Paris, and have the humbling opportunity to be able to share my thoughts with all of you as your ASSP President. Therefore, I encourage all of you to take this opportunity to be aware of where you are, who you are with, and why you are here, so that you may truly navigate your “water.”



The late David Foster Wallace shared this story in a famous commencement speech to encourage individuals to “construct meaning from experience” and to have some degree of control over our thoughts by choosing what we pay attention to. We are given the freedom to determine how to see the world. However, most people fail to understand that this freedom actually involves attention, awareness, and discipline because we consciously decide what has meaning. This story teaches us all how to choose what we think about, and how to be cognizant and sensitive of our surroundings. This

create individuals who can think. Those who can think open doors, build relationships, and create endless opportunities. The relationships formed here are not only essential to your career at UCSF, but also to the pharmacy world. If you take the time to build and utilize your bridges, you will find that you will be walking down paths that you may have never dreamed of.

Personally, the analogy presented in this story resonates strongly with me. Two years ago, I would have never imagined that I, a girl from Wisconsin, could be in a city like San Francisco, learn at an institution like UCSF, present my

Pictured: ASSP 2015-2016 Board

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Edited by Ashley Kim &
Diana Tran

A Tale of Skit Night 2015

By Jessica Lee
ASSP President-Elect

The School of Pharmacy kicked off the year by welcoming the Class of 2019. My fall quarter with ASSP was centered around Skit Night, our annual talent showcase. I was really nervous as I had never planned a production of any sort before, but I had so much fun planning with the board and working with the performers. I can now say with relief that Skit Night was a blast this year!

Students, faculty, and staff gathered to watch a total of seventeen different acts, all of which were absolutely amazing. The show gave us a small snippet of the extent and variety of talent we have here at this school. Some acts were music to my ears (literally and figuratively), some made me cry with laughter, and yet others were deep, thought-provoking, and dense with emotion. We really got a taste of everything. It was really special to be able to see my peers share their extracurricular hobbies and passions with the rest of the school. It was such



Esther Chung performs a beautiful rendition of "All I Ask of You" from Phantom of the Opera.

an honor working with the talented performers – thank you all again! I'd like to give a special shout out to Brandon Conley, our fabulous and stylishly-dressed MC for the evening, and ASSP Board, the cool people in the maroon sweatshirts, for helping make an awesome show happen!



Kenneth Tham displays finesse and skill in the art of wushu in his interpretation of the elements: earth, fire, wind, and water.

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, and thanks to everyone that took the time to nominate!

**AARON
HERNANDEZ**

Class of 2017

Aaron Hernandez has been one of our most reliable classmates. He is the very definition of selfless. He contributes in so many ways—he has most likely designed over half the organizations shirts, including orgs he is not even a member of, and asks nothing in return. He has a positive attitude and is a friend to many, even just by taking time out of his schedule to speak to anyone who needs someone to listen. Our class would not be the same without him.

**LINDSEY
SMITH**

Class of 2018

Lindsey is the epitome of courage and strength, and has been the biggest role model for me this quarter. While I sat there complaining about midterms, she was giving birth to her second child. Never once has she complained or felt entitled, and she is fighting through this quarter like none of us could ever do. Just seeing her in class has pushed me to be a better student and fight through the everyday problems. Lindsey for student of the quarter.

**TRUNG
KY**

Class of 2019

Trung is an includer in all ways—he goes out of his way to get to know each of his classmates and then uses the relationships he's established to bring people together. He makes others feel not only welcomed, but valued. His actions speak volume of how he pays attention to the people around him and cares about building them up to be their best selves. Trung is not the student of the quarter, but the classmate of the quarter.

White Coats and Stage Lights

By Kimmy Tam, Kenneth Tham
ASSP VPs of Social Affairs

Hello. It's us. We were wondering if after all these weeks you'd like to talk. Can you believe that another quarter of pharmacy school is already drawing to a close? First off, we'd like to welcome the Class of 2019 to the Pharmily. It's only been a couple months since they've arrived on campus, but they have already become a valued part of our campus community—it feels like they've always been here!

We have ended things with a bang in ASSP's biggest event of the year: Skit Night! There were a mixture of live acts and videos comprising the 17 acts, ranging from musical performances, dramatic monologues, dance, and pop culture parodies. The audience, composed of students, faculty, and alumni, was thrilled to see all of the wonder-



Emmeline Academia dramatically opens Skit Night with her personal "Hello."

ful talents students have outside of the classroom and the pharmacy!

We want to give a special thank you to Jessica Lee, ASSP President-Elect, for working so hard to put the event together, and to Brandon Conley, for

being a hilarious and charismatic host. And of course, thank you to all our fantastic performers for putting your talents on stage! Keep an eye out for more fun events next quarter - you won't want to miss out on those either!

Class of 2016: The saga continues

By Erin St. Angelo
Class of 2016 President

Everyone says pharmacy school flies by. However, it might seem longer when you are in the middle of midterms (sorry). Fourth year has gone by the fastest thus far. It seems like yesterday when we were at the end of our third year saying our farewells and splitting in seven different directions. Well, here we are, five out of the eight rotations done. The nerves have seemed to pass, but this ever growing sense of worry has set in because we soon have to face the Real World.

The past six months have been a massive learning curve. We have learned new disease states, medications we thought were never used, encountered patients unseen of in any OSCE, and most importantly, we learned that we cannot miss a random Tuesday



The members of Class of 2016 are huddled together for a rare selfie moment at Lake Tahoe for a weekend retreat.

because we are tired.

Despite it all, we still have made time for a Tahoe getaway, enjoyed group happy hours, and even had a few BBQs. The CSHP Seminar was also a welcomed mini class reunion, but it made the ever-looming real world even more evident. Over these next

few months, our CVs will be updated countless times, our interview skills will be practiced, and our next career step will be made. We have a lot to look forward to these next few months, and hopefully they do not pass by as quickly as the rest of pharmacy school has.

Class of 2017: Making it count

By Thanh Le
Class of 2017 President

This quarter feels different; we find ourselves in a period of transition. After handing over many of our leadership positions, we find ourselves on the unfamiliar side of familiar situations. We are now the mentors, responsible for teaching the P1's how to navigate the electronic medical record for the PIE exercises. However, for most of our class, we find ourselves counting down the weeks until rotation, making our time left to-

gether count, and counting ourselves lucky to have had one another to



Flashback to the Class of 2017 White Coat Ceremony

lean on during our tenure at UCSF. This quarter we are all driven by the prospect of rotations, where we will be

gin a long year, thereby applying what we have been diligently learn-

ing in our didactic education. We have begun to explore our rotation sites, coordinate new housemates, and peek

into the next chapter of our lives.

As I brace myself for this change, I will take with me the lessons the class of 2017 has taught me. "Success is not final, failure is not fatal: it is the courage to continue that counts," Winston Churchill.

Before the P3 class leaves for rotations, I encourage the underclassmen to seize opportunities to glean wisdom from our experiences, collectively, and for my own class to continue to make the time we have left together and at UCSF count.

Class of 2018: Leading the way together

By Dana Collier
Class of 2018 Treasurer

While P1 year was all about hitting the ground running, P2 year is all about keeping up the sprint. Summer of 2015 afforded us an opportunity to get some rest, reflect on everything we learned during P1 year, and prepare for the rigorous curriculum that awaited us upon our return.

At the start of the quarter, the P2s welcomed the class of 2019 with open arms during orientation. Our orientation directors, Reeti Bandyopadhyay and Kenneth Tham, and many of the orientation counselors, put a tremendous amount of work into organizing this fun, beautiful event to make it a special week for everyone.

As the quarter progressed, UCSF undeniably delivered on its promise to keep us busy, as we have come to face many challeng-



Sarita Wanichpan embraces victory in a friendly relay race at Golden Gate Park during the 2015 Orientation.

es both professionally and personally. We have taken on leadership roles in the UCSF community and beyond, and despite being relieved of the 1500 required intern hours, many P2s continue to work as interns with a thirst for real world experience. Still, others are just trying to keep up with family life. This quarter our very own Lindsey Smith has given birth to her beautiful boy Xan-

der! Congratulations Lindsey!

Despite the challenges that might be keeping the P2 busy this quarter, we always have time to support of our fellow classmates. Whether it's sharing study guides, hosting review sessions, or just being there for moral support, we are truly fortunate to have each other as we grow and learn at the UCSF School of Pharmacy!

Class of 2019: Sincerity and salutations

By Steven Parella
Class of 2019 President

As the "newbies" of the School of Pharmacy, I can speak on behalf of our class and say that we are humbled to be here. The idea that we are a "Pharmily" was evident from the first day of orientation. Despite on- or off-campus events, the P1's built strength as a class by getting to know each other.

Once classes began, these team building exercises came in handy. We all supported each other by sharing study

guides, participating in group study sessions, and cheering for our intramural sports teams. Among the midst of our various activities, we

celebrated our transition into student pharmacists. The white coat ceremony was a serious but joyous event. On one hand, we felt a deep



sense of responsibilities as we read The Oath of a Pharmacist, but on the other we celebrated the accomplishments that brought us to this place.

With the guidance from the upperclassmen about classes and extracurricular activities, our class not only obtained high pass rates on our OSCEs, but also decided which organizations to join. We are all very excited what's to come!

Pictured: Members of the new Class of 2019 are eagerly awaiting to be coated.

FACULTY SPOTLIGHT | DR. KIRBY LEE

By Ashley Kim & Diana Tran
Therapeutic Window Editors

Here at UCSF, we have immense opportunities to meet and listen to individuals who have been featured in major scientific articles, or who have founded the principles of pharmacokinetics. Many of these individuals have been birthed from the very seats in which we sit, and the culture of UCSF seems to breed greatness; however, oftentimes we forget that beneath the prestige and publications, each individual has a story to tell. Such is the case with Dr. Kirby Lee, who shares his life experiences which shed light on the ever-changing nature of life his roles outside of the pharmacy word as an ex-punk rock star, and present surfer and father.

Dr. Lee's journey to UCSF is an exciting twist on a familiar story. A biological psychology major at UC Santa Barbara, Dr. Lee was initially interested in both human behavior and animal behavior models. Thus, he created his own animal study, in which he created legions in the dopamine center of rats' brain to simulate Parkinson's disease, and examined the effects of a variety of medications on rats' motor behaviors. It was this scientific research that sparked his interest in the medical profession. However, this goal was put on hold temporarily as he pursued a Master's degree at Boston University to do research on drug addiction and the centers for reward in the brain, due to earlier influences in his life.

In high school, Dr. Lee started a straight edge punk rock band, which stood for underage artists who were anti-drugs and alcohol. However, as the years progressed, his band members veered into their own paths and changed. Suddenly, he found himself exposed to peers with different values, and observed firsthand the

influence of drugs on people. These experiences fueled his interest in the science behind drug addiction. After his Master's, he decided to revisit his dream of going to medical school. Upon simultaneously applying to pharmacy school, a close college friend, who was attending UCSF School of Pharmacy at the time, introduced him to the field and importance of clinical pharmacy, and convinced him otherwise. Intrigued by the possibilities in this field and swayed by the opportunity to move

"We must be able to set boundaries that align with our priorities."

back to California, he chose UCSF.

During his time as a student at UCSF, he worked closely with Dr. Lisa Barrow, one of his first men-



tors at UCSF, who introduced him to health policy and conflict of interest. He primarily looked at the way the media framed the risks and benefits of medications, and how they were portrayed in scientific journals. This

greatly influenced his interest in health services research, which focuses on identifying and fixing weaknesses in the healthcare system to better serve patients. This interest ensued with a residency and a two-year fellowship in health policy at UCSF before he then decided to enter into academia.

Currently, Dr. Lee wears multiple hats at work, as an educator, researcher, and clinician. The passion he exudes for his job is undoubtedly apparent and remarkable. To him, this is his dream job because it encompasses the best of all worlds. He gets to share this passion and knowledge with students, study topics that are personally important to him and the community, and experience the instantaneous gratification of affecting patients' lives. Though he admits that it is difficult to maintain an adequate work-life balance in the midst of all of his obligations. While he thoroughly enjoys surfing at Ocean Beach and riding motorcycles, his perfect Saturday consists of taking his wife, son, and dog out to the beach in the morning, taking them on a little hike in the afternoon, and having a family barbeque at home to finish off the night.

As for life advice, Dr. Lee stresses the importance of being able to set boundaries that align with one's priorities. After all, a person needs to be well before he can take care of other people. We have to determine what is important to us, learn to say no, and most importantly, enjoy our time in the city.



PLS: Continuing the mantle of leadership

By Thomas Lee
PLS President

For those of you hearing about Phi Lambda Sigma (PLS/Pharmacy Leadership Society) for the first time, we are a national honorary society that seeks to foster leadership development in our student body. Here at UCSF, the members of PLS strive to share their own experiences in personal and professional growth to help others become leaders in the profession of pharmacy.

We may have worked with you during various events, including the Fall Resume Workshop. This event is very rewarding on both ends of the spectrum because it allows me to give something tangible and useful to students which, in this case, is a stronger resume. I know that it can be ex-

tremely difficult to put one's self out there in paper-form knowing you will be under the scrutiny of a potential employer. Personally, I am always scared that I am one typo, margin width mistake, or punctuation error away from ruining my chances at a dream op-

portunity. Because of this, we at PLS aim to instill a sense of confidence in our fellow colleagues by providing the tools to becoming a better pharmacy professional.

We have many more events in the upcoming quarter, so please come by and meet us!



Thomas Lee, Jeremy Borbon, Kenneth Tu, and Jefferson Cua fine-tune their archery skills in a PLS leadership retreat.

Rho Chi: Celebrating its 66th Year of Excellence

By James Go
Rho Chi President

The Rho Chi Society is a national honor society within the field of pharmacy. Students do not apply to become a member, but are rather chosen based on their academic performance. Each year, the top 10% of students from the P3 class and P4 class respectively are initiated every fall. The Alpha Lambda Chapter at UCSF was established in 1949, which marks this, as its 66th year.

On Sept. 26, Rho Chi inducted 13 P4's and 12 P3's at the Café Tiramisu Restaurant in San Francisco. The new members pledged to uphold and continue Rho Chi's tradition of educational excellence and concluded the evening by electing new cabinet members. This year, Rho Chi is focusing on increasing their presence



The new Rho Chi cabinet, consisting of Eric Dressler, Grace Joy Kim, James Go, Riti Gupta, Jeffrey Morimune, at their induction.

on campus by providing review sessions and mock OSCEs every quarter for the P1's and P2's. The Student Guide to APPEs website will be updated and remain accessible for all students to help prepare them for rotations.

Class of 2017 initiates include James Go, Eric Dressler, Tina Gu, Riti Gupta, Carol Ho, Grace Joy Kim, Danning Ma, Jeffrey Morimune, Khanh Nguyen, Jennifer Phun, Joseph Styers, Valerie Vu, and Jessica Yu.

AMCP: Full Steam Ahead

By Oscar Merino
AMCP President

The beginning of the school year always brings fresh faces to UCSF, but it also brings a unique opportunity. For AMCP, fall was an eventful quarter, but it was a rewarding quarter because AMCP had the chance to welcome the Class of 2019 and introduce them to a variety of career paths within our profession.

The incoming class has shown marked interest in AMCP's events, including the P&T Competition, the McKesson Site Visit, and AMCP's largest event of the year, the Managed Care Round Table. Each of these events offered the students a different perspective of managed care. One of the best examples of this exposure was how students had the chance to network and learn from pharmacists from Man-



Denise Tran and Reeti Bandyopadhyay eagerly listen to the pearls of wisdom shared by Dr. Lily Lee at the 2015 AMCP Annual Managed Care Round Table.

aged Care, Industry and other non-traditional fields on a one-on-one basis at the Round Table.

AMCP also had more than introductory events. In October, several chapter members represented UCSF in the AMCP Nexus Conference, which took place in Orlando, Florida. Back in San Francisco, the P&T elective classes has begun in anticipation

of the competition. The AMCP Board sends best wishes to all P&T teams as they work on their monographs.

I also want to take the opportunity to thank all the student members and the AMCP Board for their enthusiasm and interest. With such an incredible team, there is no other way to go than full steam ahead!

APhA-ASP and CPhA: FALL in love with APhA-CPhA

By Sarita Wanichpan
APhA-ASP and CPhA
President-Elect

Put on that scarf and get yourself a pumpkin spiced latte. It's time to FALL in love with APhA-CPhA. We welcomed the new members of the Class of 2019 and showed them how they can be advocates of their future profession. We are happy to welcome all of our new members, as well as our amazing P1 Representatives, Troy Santos and Trung Ky!

The chapter kicked off American Pharmacists

Month with "Talk With a Pharmacist Day" to promote our accessibility as pharmacists. Not only has our team been active in the community, but we also got the conversation started



our Legislative Week, students discussed topics of our profession and legislation with Dr. Marcus Ferrone. In

addition, Devin Erbay, our VP Policy, also represented our chapter at the APhA-ASP Midyear Regional Meeting to put forward new proposals, such as Drug Take-Back Programs. We also hosted various networking events, such as Wine & Cheese Night and competitive events, namely the National Patient Counseling Competition. As always, APhA-CPhA continues to strive to improve medication use and advance patient care. We can't wait for the new year! Are you ready for us, 2016?

COSA: Amazing Numbers Reached

By Catherine Lo
COSA Finance Director

COSA's first health fair of the school year, which was called, "Talk With a Pharmacist Day," was held at the Hillsdale Shopping Center in October. COSA collaborated with the San Mateo County Pharmacist Organization and pharmacy students from University of the Pacific to provide cholesterol screenings, diabetes screenings, and health information regarding antibiotic resistance, pediatric dosing, and safe medication disposal. Over 400 patients attended the health fair, and it was a huge success.

To keep up with the increasing demand of patients that needed health services, COSA trained over 100 students at the annual

Training Extravaganza in November. Throughout the training weekend, students were taught important techniques regarding



cholesterol, diabetes, and osteoporosis screenings. Students also learned health information on topics such as asthma, HIV, antibiotics, and safe medication disposal. It thanks to the effort of

project coordinators and preceptors that these volunteers were all properly trained.

In addition to recruiting new student volunteers, COSA was able to recruit more than ten new preceptors. With coordinated efforts of Dr. Cathi Dennehy and the project coordinators, COSA held two Preceptor Training Days for pharmacy residents from UCSF Medical Center. The residents completed a pre-reading and attended a hands-on training session, in which they were able to practice using the screening equipment on each other.

COSA is excited and grateful to have this new pool of preceptors and looks forward to working with them this year!

Pictured: Laney Luong and Wilson Li present at the COSA health fair.

CSHP: The start of a wonderful year!

By Stephanie Truong
CSHP President

Each school year brings a new eager incoming pharmacy class. Many enthusiastic P1's came to the CSHP Info Session and Welcome Fair to learn about clinical pharmacy and what it means to be a member of UCSF CSHP.

In October, UCSF held a great presence at the CSHP Seminar in San Diego, California. Local Clinical Skills Competition winners, Erin St. Angelo and Patrick Halmer, represented the chapter with enthusiasm and finesse. As they advance in the competition at ASHP Midyear, the chapter will continue to support them and wish them the best. In addition to recognition for outstanding members, UCSF for received

three award recognitions for the Chapter of Distinction and winning the Student Chapter Competition!

Following Seminar, we held our annual Residency Roundtable, which served as a valuable

opportunity for students to network with the Bay Area residency directors. The quarter's events ended with clinical lunch talks organized by P1 representatives, Brian Ma and Sonya Kedzior. Although fall quarter was eventful



The new 2015-2016 CSHP cabinet welcomes the P1's at the ASSP Welcome Fair.

LAPS: Salsa and Services

By Stephanie Roman
LAPS President

The Latino Association of Pharmacy Students or LAPS is a culturally diverse group of students devoted to providing health care services and education to underserved communities. Our main focus is to provide the Latino communities in the San Francisco and Bay area with this aid by using our knowledge and skills as student pharmacists. This quarter LAPS participated in two large scale health fairs, which included one fair in San Francisco and one in Oakland. At these outreach events, LAPS members helped the underserved community to raise awareness for health concerns and provided free health services. The student pharmacists were able to immunize families without health insurance with this year's influenza vaccine as well as consult on patients' blood pressure after conducting a reading of their levels.

LAPS is also devoted to raising cultural awareness in the medical community. In line with that vision, LAPS also hosted a cultural event called Taco's Y Salsa. At this event, LAPS invited a dance instructor to come and teach students from different professions how to do basic salsa dancing. By educating the medical community about Hispanic culture, LAPS hope that these events will help these future health care professionals with understanding and connecting with their patients.



Danielle Fasani and Jose Tinajero discuss health eating habits in a local health fair.

NCPA: Smooth Sailing on the EntrepreneurSHIP

By Christine Yu
NCPA President-Elect

Ahoy, first-year student pharmacists! Since last spring, the NCPA crew set sail to host a variety of events and site visits. Over the summer, we sailed down south to Bakersfield for a two-day tour of Komoto Healthcare, an independent pharmacy offering a wide range of services from filling prescriptions to Hepatitis C specialty services. Owner and UCSF Alumni president, Dr. Brian Komoto, not only led us on a tour of his pharmacies, but also held a personal Q&A session for our passengers.

In the fall, we circled back to Parnassus for our information session. This year, sailors participated in a hands-on activity, which promoted innovation by having groups brainstorm and pitch healthcare startup ideas. Then in October, we docked at Koshland Pharm near San Francisco's Financial District. Owner and UCSF alumni, Dr. Peter Koshland, showed the students what it takes to run a non-sterile and sterile compounding pharmacy. While exchanging trade secrets, he advised those interested in owning a business to begin writing

their own business plans. NCPA's Business Plan Competition could be a great experience for students.

Stay onboard the entrepreneurSHIP, as we anticipate smooth sailing to Mission Bay in January to check out UCSF's robotic pharmacy - Riva Robots!



Adam Arzadon, Trung Ky, Taryn Morita, and Nicole Kong pitch their healthcare startup app idea, FasteRx.

ACCP: History in the Making for UCSF

By Kendra Radtke
ACCP President-Elect

Fall quarter was quite eventful for SCCP-ACCP. The first major event featured the ACCP national president, Dr. Judith Jacobi. She presented and shed light on ACCP as an organization. ACCP also hosted Student Research Mentor Night for the first time. The purpose of this event was to expose P1 and P2 students to different research opportunities available to them in pharmacy school. The night included an opening speech by Dr. Jaekyu Shin and a question and answer panel with students, Meaghan Whalen, Jeffery Morimune, Kendra Radtke, Cathy Wu, and Adonia Eskandari, who shared their experiences with different types of clinical research.

Moreover, the ACCP Global Conference on Clinical Pharmacy was held in San Francisco. More than 20 students attend the conference, and one of two UCSF research posters presented from SCCP-ACCP was evaluated for Best Student Poster Award. UCSF thereby advanced it to the national rounds of the ACCP Clinical Pharmacy Challenge. Participants competed teams of three, in which they competed head to head in trivia, clinical cases, and jeopardy rounds focused on clinical knowledge. The UCSF ACCP chapter would like to congratulate Phyllis Wang, Mark Yu, and Linda Chen, who advanced to the top 4 teams in a field of 108 teams. This was the first time UCSF entered a team in the competition, and the chapter proud of their success!



Mark Yu, Phyllis Wang, and Linda Chen place among the top 4 teams nationally in the ACCP Clinical Pharmacy Challenge.

SNPhA: It Takes A Village...



Edna Cheung and Edna Miao pose with Health Disparities Night keynote speaker, Dr. Jose Garcia-Sarzosa.

By Jefferson Cua
SNPhA President-Elect

It takes a village to fight health disparities affecting our underserved communities, and we at the Student National Pharmaceutical Association (SNPhA) aspire to work collaboratively with other organizations to achieve this goal. Our fall quarter began with health screenings for residents at the Bryant Homeless Shelter, where we reached out to our partners at Project Healthy Heart and medical students to create a bigger impact in our service.

In addition, we employed the language skills of our various cultural organizations to prepare student pharmacists to better serve non-English speaking patients. During our Health Disparities Night Event, Breaking Language Barriers, we also hosted language workshops introducing students to simple medical terminology they can use in their community.

While locally we look to increasing collaborations, nationally we look to increasing our visibility. Our newly established Initiative Chairs will align our current projects with national initiatives in stroke, diabetes, and chronic kidney disease. For diabetes, we engaged in SNPhA's National Diabetes Awareness Month by inviting Dr. Ka'Ryn Holder-Jackson, Associate Director of SF Bay Area American Diabetes Association, to talk on how diabetes affects the underserved. At SNPhA, we welcome everyone to our village to foster diversity and collaboration in our mission to serve the underserved.

Kappa Psi: Hindsight and Foresight

By Diana Tran
KY Corresponding Secretary

The beginning of autumn in San Francisco is always a delightful surprise. The warmth of the Indian summer mixed with the chill of the bay breeze bring an invigorating change from the customary



Andrew Pham, Sunny Ng, Kimberleigh Tam share brotherhood at the Fall Pacific West Province.

fog that has defined this city. The welcomed change in the season also comes with new perspective for all of us.

As this school year commences, the feeling of rush season is like a surge of adrenaline. For the P1's, rush is not only an introduction to our fair city, but also an introduction to Kappa Psi. From attending their first stroll down Land's End Trail to prepping for their first objective structured clinical examination, the brothers of Beta Gamma strived to share what it means to be a part of this special community. In other words, the P1's had to become fully immersed in the culture of San Francisco, UCSF, and ultimately, Kappa Psi.

While the P1's discovered the allure of brotherhood, the brothers experienced a different wave of excitement. Whether it was one's first or fourth time going through rush, the thrill of spending time with new friends, exploring the city, and reinventing the idea of pharmily will always be one of the best parts about being in Kappa Psi. As the Beta Gamma Chapter welcomes 48 new pledges into our brotherhood, we hope to make this an unforgettable year.

Phi Delta Chi: Pretty Delicious Courses

By Luis Perez
PDC Worthy Chief Counselor

I have heard that the fastest way to a person's heart is through their stomach. At the Zeta chapter, we have embraced this philosophy for this rush season! For the Bi-frat dinner, our brothers banded together to bake a beautiful buffet of sweet snacks. Making treats that ranged from classic cookies to more exotic desserts like strawberry daifuku, we hoped to satisfy the sweet tooth of our each of our guests!

The next chance to show our culinary chops was at our Hike and Taco Night. Some of our brothers scaled the steep hills of San Francisco to lead P1's to the beautiful view at the top of Twin Peaks. Meanwhile, another set of our brothers rushed to fix up a spread of fresh tacos. One of the beauties of Mexican cuisine is that you can take a few modest ingredients and turn them into a dish packed with flavor. A lot of our hungry hikers raved about the tacos and luckily we had enough for everyone!

At our Progressive Dinner, our chapter worked hard to serve up a delicious handmade meal of ca-



Glori Wai, Elaine Chiang, and Mike De Guia get ready to serve lasagna to hungry P1's.

prese salad, lasagna, and mango mousse. Between bites, we enjoyed the chance to get to know each other a little better in this comfortable setting. Our chapter has put an immense amount of work this rush season, and we are excited to help our new pledge class cross next quarter!