

# THE THERAPEUTIC WINDOW



UCSF School of Pharmacy

ASSP | SPRING 2018

## High Hopes



*ASSP Board 2018-2019*

**By: Rosalind Tom**  
**ASSP President**

Robin Williams once said, “Spring is nature’s way of saying, ‘Let’s party!’” From numerous organization banquets to the commencement ceremony of the Class of 2018, the UCSF School of Pharmacy has had quite a lot to celebrate this quarter. However, one theme across these events remains the same. All the members of our UCSF community have come together to celebrate you.

At this point in my tenure, I expected myself to fully adopt the art of ASSP and to truly grasp the intricacies of our student life. I must admit that this is not

and will never be the case. Throughout these fast approaching two years, I have come to realize the work and accomplishments of my position are not just that of my own. I would like to take this time to heap accolades and praise upon my ASSP board and the student leaders whom I have the pleasure to work with every day. Thank you for the late nights, for the insightful conversations and for the limitless dedication.

Most importantly, thank you to all of you. Thank you for your constant support and for your collective passion for your respective involvements in our program. We are ending this year deservingly in celebration of your work and contributions to our community.

Thank you for making UCSF one of the greatest pharmacy programs in the nation. I hope you all have a relaxing and refreshing summer. I look forward to continuing our commitment to elevating our program to new heights when we return.



### *FEATURED INSIDE:*

SOTQ Class Updates.....	2
Class Updates.....	3
ACCP AMCP.....	4
APhA COSA.....	5
CPNP CSHP.....	6
LAPS NCPA.....	7
PhAMLI PLS.....	8
Rho Chi SNPHA.....	9
Kappa Psi Phi Delta Chi.....	10



**Edited By Stephanie Son**

# Spring 2018 Student of the Quarter

*By: Sally Ip*

*ASSP VP of Internal Affairs*

*On behalf of ASSP, I would like to award Conrad and Ailin the Spring SOTQ for their contributions to their respective class-*

## CONRAD LOPEZ

*Class of 2021P*

This quarter in particular, he has gone above and beyond to try to set up multiple volunteer events, such as a clothing drive and a St. Jude's event. Moreover, his humorous demeanor within his weekly boluses has been a great offset to the stresses of this quarter's classes. As a man who works behind the scenes and asks for nothing in return, Conrad has been a background player and it's time to recognize someone who's positive personality is reflected in his actions.

## AILIN KIM

*Class of 2020*

I LOVE the ideas she's brought forward with the weekly bolus. I feel like she's brought new life into something that I already relied on a lot, but now it's also something I look forward to each week. From the baby pictures of our classmates to the song of the week and "what to do this weekend" updates, I really enjoy looking out for her FB posts each week and am really grateful for the job she's done so far.

# Class of 2019: Six Weeks Stronger

*By: Kate Misogas*

*Class of 2019 President*



*LA/OC Cohort 2018 hanging out with Dr. Corelli at SteelCraft in Long Beach after their first conference*

For the first time in 3 years, we did not come back from Winter Quarter to sit in our traditional spots in HSW while carrying a thermos of coffee or a paper plate smelling of Moffit Breakfast. There was no reaching into backpacks to pull out laptops or tablets to load the lecture slides, and no climbing over your next-seat neighbor during the 10 minute bio-break to catch up with your friends who always sit on the other side of the room. Instead, April 2018 marked a new beginning of the Class of 2019 as we showed up as the "new kid" to our new rotation site with white coat

ironed, clipboard ready, and name badge fully visible. But now, with rotation Block 1 under our belts and half-way through Block 2, the Class of 2019 is running full steam ahead through our rotations and research projects. We're exploring aspects of pharmacy we only got a glimpse of while in school, and we continue to learn about the field, the medications, and the possible opportunities. These past weeks have seen us pouring through primary literature reviews, pages deep in therapeutic guidelines, picking our preceptors' brains, and turning the well-worn phrases "I'm not sure, but I will get back to you" and "I swear I learned this before" into a mantra.

With each passing day and with each new challenge, we strive to develop our clinical knowledge, and in the process, we are also learning about ourselves -- our strengths, our weaknesses, and our future place in the world of pharmacy. I encourage you to not let this aspect of self-discovery be lost in the midst of rotation-information overload. Let these encounters with patients, preceptors, teammates, and other healthcare providers and students be a chance for you to hone your clinical skills and to reflect on how that encounter was meaningful to you. May the end of each rotation find you stronger and standing taller.



# Class of 2020: A Year in Reflection

**By: Jonathon Nguyen**  
*Class of 2020 President*



*"Friends come and go, like the waves of the ocean, but true ones stay, like an octopus on your face." Thanks to everyone who came out to celebrate the end of our P2 year!*

Dear Class of 2020,

P2 year. How do we even begin to describe P2 year? Looking back at the past year we remember the countless

days when we craved continuous infusions of coffee just to get by, and the moments of frustration when the "gray area" in therapeutics once again failed to give us a straight answer. But alas, here we are, on the other side (almost). While the struggle was definitely real and the fatigue was apparent in all of us, we have also gained so much. Through our various leadership positions, work opportunities, and rigorous didactic work, we have grown not only as professionals but also as individuals. We have gained the so called "clinical judgment" (or at least started on our journey to achieve it), the passion to make positive changes, and the knowledge to prepare us for our year ahead as P3s and rotations and beyond. We believe that each of us have come

out of this year stronger and more than ready for what's to come.

## A Message from your P3 Class Cabinet:

As the days become warmer and Karl the Fog makes fewer appearances, we've all got summer on our minds. The past three quarters have been rigorous, mentally and physically. Time flew by with weekly exams on our minds, and now we're fast approaching our last few moments as P2s (and for many of us, our last few moments in the city). As your P3 cabinet, we want to rekindle your spirits and help create some of those lasting memories that you'll want to tell your children... or your dog. Our social last month ("I Spy 2020: Hayes Valley Edition") was the kick-off to our series of district-themed socials. Let's explore the pockets of SF together and maybe--just MAYBE--you'll say you left your heart in San Francisco!

# Class of 2021P: Moving up in the Ranks!

**By: Kevin Le**  
*Class of 2021P President*



## P1s hanging out at Dolores Park

*Back: Melanie Zarate, Julie Dao, Sally Ip, Alice La, Stephanie Son, Dat Le, Monica Vuong, Wahib Ead  
Front: Jennifer Le, Christine Lin, Curtis Yu, Kaycee Nordmeier, Janelle Agustin, Kevin Le*

As the school year has quickly comes to the end, the P1s are PROUD of what we have accomplished in this past year.

Although it feels like we've barely arrived at UCSF, we are about to complete our first year of classes and our community pharmacy IPPEs, along with have fully taken on leadership positions of the organizations on campus. From that first day we stepped foot at UCSF, we have all come a long way in becoming pharmacist, whether we realize it or not. At the same time, we have also made sure to enjoy our P1

year through class bonding events before returning next fall for the infamous P2 year. However, we are ready for the challenges and look forward to welcoming the new class with open arms like we were welcomed at UCSF. This truly will

be a summer to remember as many of us help out with orientation and have a good time before coming back to school in the fall. But once we do, we will be ready to be newly minted P2s and make our impact on UCSF!



## P1s supporting our classmates at the Mx Pharmacy Pageant

*Back: Kevin Le, Dat Le, Jason Wei, Jimmy Nguyen, Danny Thai  
Front: Janelle Agustin, Jennifer Le, Andrew Munoz, Conrad Lopez, Jessica Wisniewski*



## ACCP-SCCP: Exciting New Opportunities and the Return of Old Favorites!

**By: Hanna Yakubi & Rachel Gordon**  
**ACCP-SCCP Secretary & President**



**ACCP-SCCP 2017-2018 BOARD**

(Pictured from left to right: President: Rachael Gordon, ACCP Student Liaison: Clarice Resso, VP Student Research: Eileen Bang, President-Elect: Brian Gac, VP Student Development: Kyle Merchant, Secretary: Hanna Yakubi, Treasurer: Natalie Alsalek)

As the year ends, we here at ACCP-SCCP at UCSF are incredibly proud of the progress we have made over the last quarter! We have been able to initiate new programs, such as the Clinical Pharmacy Journal Club, and resume ACCP favorites, such as Coffee Breaks and a Clinical Research Lunch Talk with Dr. Janel

Long-Boyle— a prominent researcher in the pediatric oncology community. The Clinical Pharmacy Journal Club is a monthly meeting of pharmacy students interested in learning how to discuss scientific literature together, led by one student presenter and occasionally accompanied with a faculty expert. Since initiation in April 2018, we have had P1-student Kyle Merchant lead a discussion on long-term COPD treatment and P1-student Hanna Yakubi lead a discussion on bioequivalence clinical trials accompanied by guest faculty Dr. James Lightwood, an expert in Health Economics and Biostatistics. Our Clinical Pharmacy Journal Club aims to create laid-back and positive environment where students can get more comfortable talking about research and learning together with peers—we encourage more students to volunteer to be lead presenter in upcoming Journal Clubs!

Furthermore, ACCP-SCCP is excited to bring back one of our more popular events: The Coffee Break Program! Faculty participants for this quarter's program encompass a diverse set of research interest – from Health Policy to HIV Epidemiology and Mental Health – giving students an opportune chance to explore current issues in pharmacy research. ACCP-SCCP at UCSF has had a very productive and busy Spring 2018, and we are excited to continue this momentum into the 2018-2019 school year!

## AMCP: To Continuing the Legacy

**By: Cindy Nguyen and Ryan Thalifdeen**  
**AMCP President & Vice-President of Operations**

AMCP's spring quarter started off with a bang at the AMCP Annual Conference in Boston, MA. Our UCSF student representatives took a "deep dive," attending networking events, poster presentations, and continuing education sessions. The common theme of Value-Based Healthcare is one that we hope the attendees can bring back to shape pharmacy at UCSF.

In the quarter's latter half, San Francisco Health Plan (SFHP) opened its doors to a group of motivated AMCP-UCSF members to learn about the inner workings of this unique health plan. SFHP is a community health plan that provides affordable health care coverage to over 145,000 low and moderate-income families. Current PGY1 Residents de-

livered a presentation to our members regarding health plan-PBM relations, a managed care pharmacist's role, and the differences between SFHP and Commercial health plans. Afterwards, a Q&A panel was held by the Residency Program Director, as well as staff pharmacists, where our students learned about the dynamics between compliance, the P&T committee process, and drug utilization reviews.

With events such as the Fall Round Table and the P&T competition, this past year has been phenomenal. This is attributed to the most important aspect of AMCP: our members. Our new 2018-2019 board is fired up to continue this

streak and has already been planning great events for you in the fall. Lastly, we would like to thank our faculty advisors Dr. Marilyn Stebbins and Marcus Ferrone for their continuing support of our chapter.



*Stay Connected:*

<https://www.facebook.com/AMCPUCSF>



## APhA-ASP & CPhA: Smooth Sailing into Summer

**By: Vivian Chen**  
*APhA-CPhA-ASP External Affairs Vice-President*

Spring has been an eventful and exciting quarter as we wrap up the year. In April, 36 of our APhA-ASP members traveled down to San Diego to attend this year's Western Pharmacy Exchange. Students had the opportunity to experience an extensive pharmacy symposium in conjunction with other students, professionals, and pharmacy leaders. The conference allowed for professional growth through Continued Education sessions, research posters and exhibits, student involvement in policy-making, and student competitions through the Film Festival and Quiz Bowl. Some

of these informational sessions were led by UCSF faculty, including Dr. Kathleen Orrico, who presented on Pharmacogenetics.

Throughout April, we hosted on campus the Ambulatory Care Panel and CPhA Regional Legislative Day. We were fortunate to have Dr. Virginia Chu, Dr. Mackenzie Clark, and Dr. Sara Jacobs come share with us their paths to careers in ambulatory care. At the CPhA Regional Legislative Day, participants had the chance to hear from a current CPhA legislative representative about the process of California legislation and ways to advocate for the pharmacy profession.

Finally, we celebrate the achievements of the 2017-2018 year at our Spring Banquet. We thank the hard work and diligence of our board and committee members, project leaders, and general members in serving our community, as well as our faculty mentors for their guidance and support. It's been a pleasure to work with these current and upcoming leaders, and we look forward to another amazing year ahead!



*Group photo at the Western Pharmacy Exchange this year in San Diego*  
From left, back: Mia Lim, Lisa Vuong, Jennifer Le, Dr. Kathleen Orrico (speaker), Kiera Moran, Elizabeth Tinoco, Kristine Bielaski, Hosna Taba, Henry Huang, Trung Ky, Qiqi Xiao  
Front: Joanna Choi, Milly Zhao, Annette Chu, Alice La, Janelle Augustine, Katherine Chun, Melissa Kobayakawa, Jessica Wisniewski

## COSA: Springing into Action

**By: Esther Yang (Finance Director), Grace Lee (Public Relations Director), Jennifer Shieh (APhA Director), Jessica Ngo (Internal Director), Tommy Lam (SNPhA Director)**



*Natalie Alsalek and Sharleen Gill provide cholesterol screenings for patients at the Cinco de Mayo Health Fair.*

For COSA, Spring Quarter is all about transitions in leadership and wrapping up a productive year. COSA is excited to announce that the 20th Annual Winter Auction raised over \$12,000 for patient care funds as we continuously strive to improve our organization to better serve

the community. We could not have done it without the support and contributions of our generous donors and attendees!

We kicked off the quarter by welcoming our new board and project coordinators and are excited to further the mission of COSA through their fresh ideas. In a combined effort with our new board, we participated in the annual Cinco de Mayo Festival in the Mission District. Project Healthy Heart, Project Pediatrics, Project Asthma, Project HIV, and Tobacco Awareness Project provided free health screenings and information to the community. The patient population included families of all ages including children and seniors. Project Healthy Heart performed total cholesterol measurements while the informational projects educated the public about pediatric health, asthma/COPD, HIV awareness, and smoking cessation. Popularity of these projects demonstrated an important need for these services in the community. COSA

had a lot of fun engaging with community members at this lively street fair!

As we conclude the year and prepare for the incoming three-year class, we had our annual spring banquet to celebrate the accomplishments of our 2017-18 project coordinators, preceptors, and project advisors. We are excited to have the incoming board and project coordinators lead COSA through another successful year of community outreach!



*Julie Dao, Melanie Zarate, Edward Jierjian, and Jeanny An volunteer with Project Asthma to provide education regarding asthma symptoms and management.*



## CPNP: New Beginnings

By: **Jenny Kaiser**  
CPNP President



*Excited to welcome (Left to Right) new board members Jordan Brooks, Jennifer Le, Alice La, Esther Moon, Jenny Kaiser, and Emily Yao*

As our second year as a UCSF organization comes to a close, CPNP is so excited to welcome our 2018-2019

board members! This year, our new board members include Emily Yao, Esther Moon, Jennifer Le, Alice La, and Jordan Brooks. We had a lot of fun activities this spring, including the CPNP national conference, movie night, and Panda Express Fundraiser. The National conference took place in Indianapolis, Indiana this year and was a wonderful experience for networking and learning about new areas of psychiatric and neurologic pharmacy. One of our members who attended stated, "It was such an amazing experience to see where the future of psychiatric pharmacy is headed!" CPNP also

hosted our first Movie Night, where we watched a Netflix Original Documentary called

"Take Your Pills." This film focused on the culture of cognitive enhancement drugs in the context of academia and professional work. Finally, the panda express fundraiser was a fantastic way to bulk up for finals while raising funds for our upcoming events. We've had such an amazing year of growth as an organization and we're so excited to continue sharing events with the student body!



*Emily Yao poses in front of a banner at the CPNP National Conference*

## CSHP: Springing into Pharmacy

By: **Janelle Agustin**  
CSHP Secretary

Greetings from CSHP! This quarter, we transitioned to a new board and our events focused on different aspects and fields of pharmacy. P1 representatives, Allison Lee and Andrew Munoz, rounded off the "Clinical Lunch Talks" with insights from heart/lung transplant pharmacist, Dr. Christine Hui, and ambulatory care pharmacist, Dr. Monique Villanueva. We assisted Golden Gate CSHP with their annual "Night Out With Industry" where students had the opportunity to speak with pharmaceutical reps and learn about new medications from their respective pharmaceutical companies. We also



*Members at CSHP Banquet 2018.*

partnered with UCSF's Pharmacy Alumni Association and hosted a career roundtable for students to get to know UCSF alumni and learn about their career paths. After being exposed to the different possibilities of pharmacy, we took a step back and hosted a "Residency 101 Talk" with Dr. Mandy

Morris for students to learn more about residency and the application process. As we learned about the nuts and bolts of residency, we became informed by P4s during the "Residency/Fellowship Match Panel" event. Matched P4s were able to share their experience with the process and talk about their respective residency and fellowship sites. While our prospective futures in pharmacy are enticing, financial planning still remains. All UCSF professional students were invited by Golden Gate CSHP and Mass Mutual for a workshop on financial health, with topics on managing loans and investing for retirement.

We thank Golden Gate CSHP and UCSF faculty for their unwavering support, and all UCSF members for being involved!



## LAPS: Un Gran Éxito

**By: Nancy Ramirez**  
**LAPS President**

¡Cariños saludos! This spring quarter we brought forth a successful array of events highlighting UCSF's cultural diversity. The 2017-2018 LAPS board demonstrated exceptional devotion to educate others about cultural awareness and the importance of serving underrepresented communities.

We commenced this quarter by doing our final Spanish Lunch Talk of the year. Our lunch talk coordinators, Alisha Soares and Erica Nguyen, led the discussion on medical Spanish and English vocabulary and terminology focused on diabetes. Participants were able to practice their Spanish while feasting on delicious authentic Mexican food. The Spanish Lunch Talk events encourage everyone to use the terminology they learned there to further improve future patient interactions with Spanish speaking patients.



*Admissions speaker panel at the Journey into Healthcare conference. From left to right: Richard Souza from School of Physical Therapy, Peter Ohara from School of Medicine, Julia Hwang from School of Dentistry, Joel W. Gonzales from School of Pharmacy.*

The quarter concluded with our annual "Journey into Healthcare" undergraduate outreach conference where students from different universities were able to explore the pharmacy,

dentistry, nursing, physical therapy, and medical career pathways. The students had the opportunity to ask questions to current UCSF students and admission directors from each profession. The conference featured Dr. Igor Mitrovic, our key note speaker, who discussed the motives behind every student's success.

As the new 2018-2019 LAPS board members emerge, we are determined to integrate our former board members' ambition to continue implementing health care education and advocating for the underserved Latino communities.

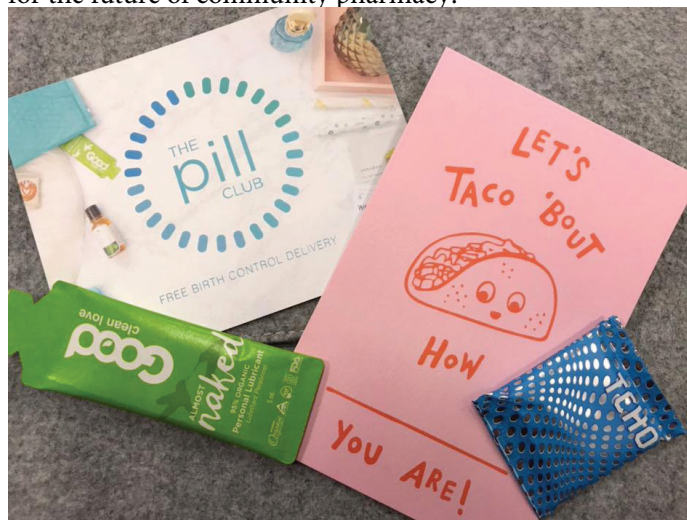
¡Hasta la próxima!

## NCPA: Collaboration and Teamwork

**By: Harini Bhat**  
**Vice President of Communications**

This spring quarter for NCPA was jam packed and productive! We were lucky to have such amazing mentors come and discuss an entrepreneurial side to pharmacy for our students. We started off the quarter strong with Dr. Kam Tam and his daughter, Dr. Jennifer Tam, give a talk on starting your own independent pharmacy. Dr. Kam Tam is the owner of Oakland Pharmacy, Inc and owns 8 independent pharmacies in the Alameda Country region. He is a key figure and success story of entrepreneurship in the field of pharmacy and what it means to start something of your own. Our next talk featured the always full of life and knowledgeable, Dr. Brian Komoto, the CEO and co-founder of Komoto Healthcare and Komoto Pharmacies. Dr. Komoto talked about the future of health care and addressing healthcare needs through a community setting. He also discussed vital strategies with our students to consider as future entrepreneurs and pharmacists to help set a new and improved standard in the field. Finally, we finished up the quarter with our former NCPA President and now recent graduate, Dr. Christine Yu! Dr. Yu talked to us about start up pharmacies and new, innovative ideas currently be-

ing implemented in the field. She specifically talked about how the Pill Club has innovatively improved birth control access within the Bay Area community, and what this means for the future of community pharmacy!



*Dr. Christine Yu, former NCPA President, brings adorable giveaways on her talk about The Pill Club, a birth control delivery service!*

## PhAMLI: “Spring” Forward Into the Next Quarter

*By: Christine Huynh*  
*PhAMLI Secretary*

As Spring quarter comes to a close, we in PhAMLI (Pharmacy Alliance for Mentoring, Leadership, and Information) are excited to be incorporated into ASSP this year and welcome our new 2018-2019 board!

As a mentoring program, PhAMLI’s goal is the establishment of a network between pharmacy students at UCSF and students expressing interest in pursuing pharmacy, and the creation of long term one-on-one relationships between pharmacy and pre-pharmacy students.

Our Spring Picnic was the highlight of our quarter, as mentors and mentees played games, shared good food, participated in campus tours. It was a fun experience for both new and old mentors to continue mentorship and outreach for prospective pre-pharmacy students. We are excited to see where our new board takes us, and what we have yet to come as a brand new organization under ASSP!



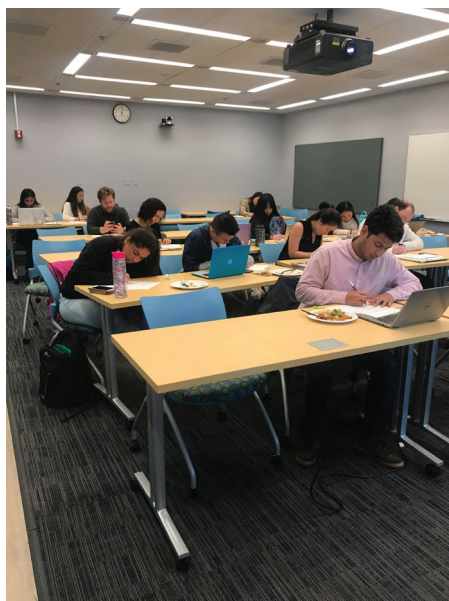
*PhAMLI Board 2018-2019*

*Pictured from left to right:  
Christine Huynh (Secretary), Megan Tsao (Mentor Liaison),  
Alan Tran (Treasurer), Stephanie Son (Lead Coordinator),  
Margaret Yang (Mentee Liaison)*

## PLS: The Social Butterflies of Spring Quarter

*By: Nicole Andrews*  
*PLS President*

With the end of the school year nearing, it is a time to both reflect on this past quarter and plan for the future. This past quarter PLS was hard at work collaborating, creating and connecting! With the recent induction of our new faculty members, PLS wanted to allow students a networking opportunity by hosting “Lunch Talk with Dr. Bonnie Fabian.” During the event students interacted with Dr. Fabian to learn more about her unique pathway into pharmacy and her current career as Pharmacy Supervisor at Kaiser. With a smaller group setting, Dr. Fabian was able to address each student’s interests, making the event more personable



*Students hard at work defining their professional goals at our “Networking Using Social Media Tools” event in collaboration with AMCP and OCPD and applicable. Along the lines of networking and expanding opportu-*

nities, PLS collaborated with OCPD and AMCP to educate students more on the great tools and connections available through LinkedIn and UCSF Connect. Students learned how to establish professional goals, and then navigate through their social media tools to reach professionals in the field and connect UCSF affiliates. Whether you want to learn more about pharmacy on nonspecific scale or grab coffee with alumni, PLS tries to offer a wide variety of events to help make this happen. With that being said, PLS is already preparing for the start of the next school year! We want to provide events and resources that will seamlessly address the needs of both the new and current students.



# Rho Chi: Commencing Graduates, Rotations, and New Review Sessions!

**By: Yuna Song**  
*Rho Chi Secretary*

Congratulations to the Class of 2018 for graduating! And congratulations to the Class of 2019 for finishing their first block of APPE rotations!

This quarter was full of transition and change. Although we as board members were adjusting to our new rotation lives, we were determined to continue being involved on campus and further supporting the academic growth of our colleagues. We this quarter off our CP 121 review session in preparation for the Class of 2020's second midterm. The review was centered around 2 case based multiple-choice and short answer questions written by our officers and proofread and validated by Dr. Jaekyu Shin. We had a great turnout of 34 students, who were all engaged in their learning with questions.



*Board Members at CP 121 Review Session  
Danh Huynh, Butter, Ryan Ng, YeeAnn Chen, Yuna Song*

Next, we continued strong with a new PC 115 Pharmaceutical Chemistry review session led entirely by our Vice President YeeAnn Chen. PC 115 has always been a challenging class for P1s, and so we held a 2.5 hour Mock Midterm Review with goals to facilitate learning in a safe space for error. The mock midterms were graciously proofread and validated by the course professors, and we had a huge turnout of 95 students!

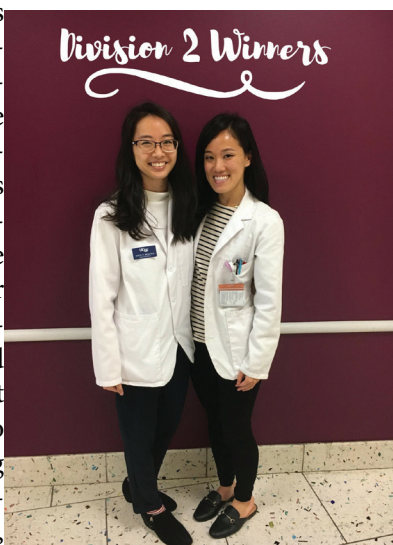
Lastly, Rho Chi and PLS have collaborated to start accepting student reviews for our APPE Wikipedia page, which exists to guide students in their selection and ranking of rotation sites.

We hope these events were valuable to your preparation for exams, and we look forward to helping you further along your path to academic success!!

# SNPhA: Spring Reflecting

**By: Lara Barsoumian**  
*Secretary*

What a year it's been! SNPhA continues to show students why we love what we do, especially when times get hard and deadlines start to pile up. Spring quarter was full of exciting new events and a new board that we're delighted to initiate this coming week. At the beginning of the quarter, SNPhA held a clinical skills competition, where P1s and P2s had to think outside of the box and present their case findings to a team of facul-



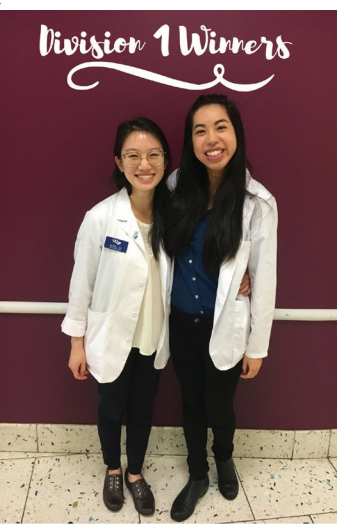
*Our P2 Local Division Clinical Skills Competition winners: Katie Nguyen, Ereca Nguyen*

ty, followed by a patient consultation. This year's winners Alice La, Sally Ip, Ereca Nguyen, and Katie Nguyen will be attending the National SNPhA conference in Charlotte, North Carolina in July to compete. Best of luck to them!

Our board members have put in a lot of work to host events that they're passionate about. Anna Dang and

Connie Chen hosted a collaborative patient case with Dr. Crystal Zhou,

where P2s assisted P1s in how they look at a case. Sharon Xu held a lunch talk with Dr. Mackenzie Clark and her



*Our P1 Local Division Clinical Skills Competition winners: Alice La, Sally Ip*

APPE student Sonya Kedzior to learn more about the new Shingrix vaccine and why the flu vaccine wasn't very effective this year. In honor of stroke awareness month, Emily Yao held a lunch talk and trivia to provide more understanding on common signs of a stroke. SNPhA continues to outreach in the community by serving food at the St. Vincent de Paul Society and hosting a clothes drive, which will go to the SF City Impact's Tenderloin Thrift Store.

## Kappa Psi: Spring Blooms

**By: Stephanie Son**  
*Kappa Psi Secretary*

With spring comes change, and this spring was no different. This spring, Kappa Psi eagerly welcomed new leadership into the Beta Gamma board, but we also bid bittersweet goodbyes to our fellow graduating brothers in our annual “Graduation Ritual.”

To celebrate our past board, we hosted Spring Banquet, cruising around the Bay on a boat with a buffet-style dinner and amazing views of the city. Our now-Immediate Past Regent, Justin Truong, helped all the brothers celebrate the successes of our chapter with recognition like, “Brother of the Year,” which was awarded to Jeffrey Shaffer, and “Cabinet Member of the Year,” which was awarded to Daryl Larry-Sar.

To welcome our newly elected board, we hosted Luau, complete with barbecue on the grill (thanks to the new Regent of our chapter, Michael Blyumin!) and a hula-style dance performed by the new board.

As another school year wraps up, we look forward to the spirit of brotherhood the new board and brothers will bring into the next school year! To our graduating brothers: We wish you all the best with your upcoming endeavors— you will be missed! We thank you for the mentorship and guidance throughout the years.



*Kappa Psi Beta Gamma Board 2018-19*

## Phi Delta Chi: Spring Brings New Beginnings

**By: Michelle Lee and Melissa Kobayakawa**  
*Phi Delta Chi Worthy Chief Counselor*



*PDC Brothers at Castello di Amorosa winery*

As the season transitioned from sweet April showers to blossoming May flowers this quarter, Phi Delta Chi was thrilled to install our new executive board, including our first-ever dual presidency in preparation for the transition into the three-year program. We held a variety of events this spring: hik-

ing at Little Yosemite, gifts for graduating members, a wine-tasting trip to beautiful Napa Valley, and a finals care package fundraiser! We started the quarter hosting a small hiking trip to Little Yosemite where we met up with University of Pacific’s chapter and enjoyed some sun before the quarter got busy. Midway through the quarter, at graduation, we congratulated our active members with red and gold cords, homemade braided ribbon leis, and hand-lettered mugs filled with treats.

Witnessing our Brothers walk across the stage reminded us to keep working hard through grueling midterm season. As our last event for the quarter, over a sun-soaked and much needed Memorial Day weekend, we visited Napa Valley for a relaxing day of wine tasting, picnicking, and photos. It was the perfect getaway to

enjoy some delicious wine and spend quality time with our Brothers. Lastly, we ended the quarter with a care package fundraiser filled with delicious goodies to get you through finals week! As spring ends, we look forward with anticipation to all the events to come in the fall!



*Handmade gifts for our graduating Brothers*