

THERAPEUTIC WINDOW

UCSF School of Pharmacy

ASSP | WINTER2016

Farewell Letter: Fluidity and Foresight

Esther Yi
ASSP President

Winter quarter is always bittersweet. It's a time filled with bitter farewells but also sweet, new beginnings. It's a time of transition, change, and reflection. For almost two years now, I focused my articles on foresight-looking ahead to what's to come. But I've heard that sometimes hindsight is the greatest foresight and so I want to dedicate my last article, as ASSP President, to one that looks back, to one of reflection.

My past two years in ASSP have been an undeserving privilege of experience and opportunity. As a naïve P1 driven by pure curiosity, I stepped into shoes that would prove to be too big to fill. Fast forward two years and I wish I could say that things have changed. But, even today, two years later, I still feel just as small. However, if there's anything that did change in these last two years, it would be confidence in being small and not knowing everything.

It may be by my own nature, but I'll admit that I have always been a victim to this desire to know everything and to be the smartest person in the room. However, I have learned through my relationships at UCSF that everyone is incredibly brilliant, and there is absolutely no way that you will ever be or should you ever be the smartest person in the room. Accepting this vulnerability allowed me to build and learn from relationships both laterally with my peers, and also vertically with faculty, alumni, and peers. You never want to feel that you know all there is to know, because then there is no room for growth.



Similarly, I have learned that it is okay to be uncomfortable, to take risks by diving into endeavors and relationships that have uncertainty and lack familiarity. We hear it all the time, but we are in an exceptional institution, and it is so easy to secure ourselves in the silos of our cliques, organizations, classes, field of practice, and even then be blinded to the trends and norms of our own pharmacy profession. However, I encourage you to be in a constant state of improvement and challenge yourself.

Finally, I want to take this time to make a very special shout out to my ASSP cabinet, who played a crucial role in helping me grow as a friend, student, and leader this past year. Leadership in itself is difficult, but juggling it with P2 year is no easy task and I want to recognize and appreciate all your dedication and hard work. It's been an amazing ride getting to know each and every one of you. All of you embody unique talents and personalities, and I have had the humbling privilege to witness what happens when

you bring such diverse colors together and the incredible synergy that resulted from your collaboration and interdependence. Thank you for reminding me that work does not seem like work when you do what you truly love doing with people you enjoy being with.

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Edited by Ashley Kim &
Diana Tran

The Little Things Matter

By Jessica Lee
ASSP President-Elect

Over the weekend, I watched the sunrise from Tank Hill Park. It was a clear day with a few wispy clouds. The sun crept up over the distant mountains and cast a beautiful pink shadow across the sky. In this moment, I let go of the huge burden I carry of the impossibly idealistic standards I hold myself to. I let go of the feeling when I sleep late then wake up early. I let go of the endless flood of material I am expected to master and a mountain of work, yet again, that awaits me at my desk.

If I have learned something, it's that it's the little things. I can't expect all my work to go away or my

lunch to pack itself. I can't expect the weather to be fog-less. I can't expect to get a full night's sleep during midterms week. I can still enjoy a nice meal and indulge in dessert. I can still share memories with my friends and make lasting connections. I can still find joy in the things I am passionate about and hope in the unscripted future ahead.

Dear fellow students, you are here because you are an amazing individual. Heck, you're at the number one pharmacy school. All of your strengths, weaknesses, interests, and skills make our environment colorful and rich. Stay strong and stay passionate. But most importantly, stay true to you. And open your ears to the little things. It's the little things that make a big difference.



Now this is what I call a "study break!" Members of the Class of 2018 celebrating their victory at the 2016 ASSP/PAA Trivia Night.

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!

HAI DUONG

Class of 2017

He is a model student. He attends class, collaborates and shares study material with classmates, and has really shown himself to be the kind of person we can all call, "friend." He goes out of his way to stay incredibly involved with campus events, welcome the P1 class, help the P2 class in their difficult year, and stay connected to the rest of his P3 class. He is the most caring person in our class and deserves to be recognized for his amazing personality! He's far too modest to think he deserves this award, but he surely does.

DAVID RICHMOND

Class of 2018

Don't read a book by its cover. He has been a blunt, but surprisingly excellent President. He has proven his passion, determination, and rigor in getting our thoughts heard as it has been a challenging quarter for all of us. He has written countless emails and Facebook posts, while most of us muttered our complaints to our close friends. He really took initiative with our Town Hall. His actions have spoken for him, and I cannot think of any other individual who has so selflessly tried to improve our community.

THANH TU

Class of 2019

Thanh is the most selfless and best prepared student I wish to emulate. As the study guide queen, she is always uploading her study guides for us in the box, which have helped us numerous times for various classes and midterms. She also posts reminders on our class page. It is very encouraging to see someone who is ALWAYS on top of her stuff by never procrastinating. She is always willing to help anyone out, and is such a kind person. She is definitely someone who deserves this award.

A Night of Games and Friendly Competition

By Kimmy Tam, Kenneth Tham
ASSP VPs of Social Affairs

The highlight of this quarter was Trivia Night, which is an annual tradition that is hosted by ASSP and the Pharmacy Alumni Association. Alumni and students from each class formed teams to test out their trivia knowledge, with topics ranging from astronomy to history to current pop culture. After four rounds of questions and two sudden-death knockouts, the P2 team and the alumni team finished with an unprecedented tie at the end of the night. It was truly an event that kept us on the edge of our seats! In addition to the fun, students had the opportunity to meet and mingle with our school's finest. We would like to give a special thanks to the PAA for sponsoring our event and our beloved master of ceremonies, Dr. Shawn Houghtaling, for keeping the night filled with laughter.

As winter quarter comes to an end, we will be transitioning out of this amazing student organization. With the support of our talented ASSP board, we are proud of all the events we have planned and organized the past year. We would like to take this opportunity to express our appreciation for the support of our cabinet, and everyone who has helped us along the way.



Class of 2016: Sometimes...Other Times

By Erin St. Angelo
Class of 2016 President

This is the last article the Class of 2016 will write for the Therapeutic Window. As we try to sum up what pharmacy school has been, or gather all of the lessons we've learned to pass on, our words seem to fall short. The only thing that comes to mind is "Sometimes...Other times."

Sometimes things will go as planned, other times they won't. Sometimes, you will think you are inadequately prepared.

Other times, you will thank UCSF for all they have taught you.

Sometimes, you will think you could have done more to help someone.

Other times, you will recognize that you did everything in your power and that's all you can do.

Sometimes, change will scare you.

Other times, you will change your

perspective and realize that this change offers endless growth.

This is a lesson we have all had to learn throughout pharmacy school. However, it has been more evident in this past year than it has ever been. As fourth years, our time in the protective bubble that UCSF provides is almost up, and the "real world" is only steps



away. Currently, we are figuring out our "life plans" and patiently waiting for graduation. The amount of change that will ensue in the near future cannot be measured. Although there will be many challenges to face, we will embrace them and come to realize that these changes are our greatest opportunities for growth.

Class of 2017: Rotation Ready

By Thanh Le
Class of 2017 President

Hai Duong and Tiffany Buckley represented the class at Mx. Pharmacy and made us proud. Listening to their responses, learning about their talents, and watching them showcase their flair in the catwalk reminded me how much more there is left to know about Tiffany and Hai, and how much there is still to know about all our classmates. We were admitted to UCSF for our unique stories, and I regret not being able to hear them all. Two and a half years is not nearly enough time.

We are at the end of our last didactic quarter. Betty Dong introduced us to therapeutics, Jaekyu Shin taught us all about heart failure, Patrick Finley taught us about mental health, and Conan MacDougall taught us our little community is infectious. We may not know everything, but we are ready to stumble, to



grow, and to learn. We have found new homes, we have our next year planned block by block, but there is still one thing left to do--I'm thankful you all have made it the hardest...

As we move onto rotations and inch closer to the dreams that brought us to UCSF and to be healers by trade, I am

reminded of a quote from Patch Adams, "You treat a disease, you win, you lose. You treat a person, I guarantee you, you'll win, no matter what the outcome." I know the future of pharmacy, and future patients are in good and loving hands. Thank you class of 2017, for being my home away from home.

Class of 2018: A Time for Change

By Quintin Wright
Class of 2018 Secretary

As we start the new year, 2016 brings us new challenges and most importantly, change. We dove head first into the one of the most difficult quarters of pharmacy school to date and have been tried with technical difficulties, curriculum change, and online modules that have tested our resolve. It has not all been work, even though to many it may seem that way. The P2 class has experienced triumph in the trivia night and the first ever Mx. Pharmacy event that has taken the edge off school.

It has not been an easy task trying to deal with by far the hardest material we have covered, but on top of that, a curriculum change. It has made life more difficult for every single person in the

Mx Pharmacy Winner:
Michaela Taylor, P2



class without any tangible benefit to many of us. Even still, we continue to persevere through the adversity, trying to make positive changes to the curriculum for us as we move forward in to future courses and quarters.

Outside the classroom, the ASSP-PAA trivia night provided a great opportunity to get away from the rigors of school for a night. Thanks to the amazing knowledge of the P2 class, we came out victorious. The Mx. Pharmacy event that had everyone talking within the school of pharmacy added a couple twists making it different than previous years. There was one more contestant from each class and the event switched from male-only to gender-neutral. Even with the loaded contestant field, our very own classmate, Michaela Taylor, took home the title of Mx. Pharmacy.

Class of 2019: A Very Exciting Quarter!

By Steven Parella
Class of 2019 President

This quarter, filled with IPPE's, internships, and classes, has been a very interactive learning experience. Following the saying, "Time flies when your having fun," this winter quarter has truly flown by.

To describe this quarter as "fun" is an understatement because we have had a blast! The excitement started with a welcome back P1 social and town hall meeting. During this event, we had the pleasure to chat and mingle with the deans of the school of pharmacy over beverages and hors d'oeuvres. Following the social, we participated in ASSP's Trivia Night, where we had the chance to compete against our wonderful alumni. The next event that took place was the UCSF Formal, where the well-dressed P1's took the night over with their extremely great dance moves. The new and improved Mx. Pharmacy, was the next event that kept the P1's flared and going as we had a chance to cheer for Sonya Kedzior and Nathan Dang as they competed for the title.

Knowing our P1 year is almost over is pretty scary, but as a class we are ready to complete this quarter. We are so very

excited to be a part of the UCSF School of Pharmacy family and we look forward to the journey in front of us!



FACULTY SPOTLIGHT | DR. BETTY DONG

By Ashley Kim & Diana Tran
Therapeutic Window Editors

Q: How did you end up at UCSF?

A: I was a pharmacy student and resident here, and have been with UCSF for 35 years. After I graduated, I worked as a drug information pharmacist for a while, and then I rotated through all different inpatient pharmacist positions, including surgery and parenteral nutrition.

Q: Why did you decide to teach therapeutics?

A: I like teaching therapeutics because I've taught 131 too. The difference is that in the first year, it is much more difficult because it's a very new way of thinking and it is very grey. It is a very important course because this is the time to see real life patient cases and think about what to do. It is what you're going to be doing for the rest of your life. You have the opportunity in this course to make that difference.

Q: What is your day-to-day like?

A: I have ambulatory care, HIV, and Hepatitis C clinics at SFGH. I get all kinds of patients at these clinics. At UCSF, I run to my liver transplant clinic Tuesday right after class. I also work at SFGH as a consultant for the Clinician's Consultation Center, which is a nationally funded



telephone consultation program for pre-exposure prophylaxis, post-exposure prophylaxis, HIV care, perinatal care, hepatitis C care, and substance abuse.

Q: What do you like to do outside of pharmacy?

A: I wish I had more time to do other things. However, I like to be active with pharmacy organizations, such as American College of Clinical Pharmacy and APhA. I also like to exercise and stay active. I like taking fitness classes that involve dancing. In addition to staying fit,

I also enjoy going on cruises. I've been to Europe and Alaska just to name a few. I am an expert when it comes to planning vacations on cruises. Some of them are really nice, with restaurants and stores to shop in on the cruise.

Q: What is your favorite restaurant in SF?

A: My husband and I are such foodies. I love Slanted Door. You can't get into that restaurant. It's just so busy. Slanted Door is Charles Phan's Vietnamese restaurant in Embarcadero, which right on the water. We love all restaurants in West Portal.

PLS: Growing Together

By Kari Lenore Ehm
PLS President

Growth and Change. We love the winter quarter in PLS, because winter is our time of growth and adjustments as we induct new members and elect a new board to run the crew for the upcoming year. We inducted 14 amazing leaders and 3 incredible faculty leaders and honored a student and alumnus who are making waves in the world of pharmacy. We also had a great turnout as we spoke to the first year pharmacy students and

introduced them to the process of being a leader here at UCSE, where our process for building leaders and helping them thrive changes all the time.

As I look forward and make plans for the new year, my focus lies on suggestions from our thoughtful faculty. I try to grow as a leader in every new position, and one of the ways we can grow is by learning from those around us. We are lucky enough to be surrounded by amazing examples every day within our faculty as well as our peers who can all contribute to our



growth throughout our time here at UCSE. In looking at our upcoming year, my goal is to refine the "what" and the "how" that we have grown accustomed to. Together we

will re-evaluate and reimagine the status quo to verify it fits our needs and make changes to focus on quality and decrease quantity. Join us in growing as leaders together!

AMCP: Where's the Value?

By David Szeto
AMCP President-Elect

AMCP is a rapidly growing but relatively small national pharmacy organization aiming to "improve healthcare for all." One major way members of AMCP do this is through a Pharmacy and Therapeutics (P&T) Committee. This quarter, UCSF AMCP held our Local P&T Competition, which was the culmination of months of efforts for our competing teams. We have never seen such an excited cohort of P&T competitors. So thank you, all competitors, for participating in this competition and tradition.

We want to recognize the the top two teams in the UCSF Local P&T Competition. The winning team consisted of the following members: Jay Barcelon (P3), Chris Chiu (P3), George Dimacali (P1), Jack Timmons (P1), and the runner up team consisted of all P1's: Claire Nichols, Nhan Dinh, and Tyson Walker. The winning team will be giving their presentation at the annual Spring Banquet next quarter.

As we look towards Spring 2016, please consider the value of two exciting AMCP activities. The first is the Managed-Care Pharmacy elective (CP 161.02). Please sign up for the cornerstone managed care course at UCSF! The second is the 2016 AMCP Annual Meeting, which will be held

in our very own backyard, Downtown San Francisco, at the Moscone West. Consider registering to attend this conference, which will shed light on the theme, we have increasingly heard about in healthcare throughout this year: where is the value?

Look forward to seeing you around.



COSA: Helping Hands, Carrying Hearts

By Stella Lee, Catherine Lo, Kay Takamura, Hannah Whittlemore
COSA Board

Winter was an action-packed quarter for COSA. During the long Presidents' Day weekend, we visited NCPHS Eastern Park Apartments in the Tenderloin to screen and educate over 100 patients. The population at this senior home was mostly low-income, elderly, and non-English speakers. With over 50 student volunteers in attendance at this event, we were proud to offer health services and education to our target population.

We also hosted a health fair at the Heart of the City Farmer Market, which serves San Francisco's urban low-income communities. This market was the first in San Francisco to accept food stamps, WIC, and seniors farmers' market coupons, and coming to HOTC Apartments in the Tenderloin has become a COSA tradition. We had a total of 8 projects to screen and educate over 100 patients. The population at this senior home was mostly low-income, elderly, and non-English speakers. With over 50 student volunteers in attendance at this event, we were proud to offer health services and education to our target population.

and casual way for project coordinators to provide advice to P1s about their decisions to interview for COSA leadership positions. We finished off the quarter with the COSA Winter Auction, our annual fundraiser in attendance and nearly 40 supporting student volunteers at this health fair. At the annual Leadership Bonanza, P1 students had the opportunity to talk to project coordinators face-to-face about their experiences leading their project. This event was a fun by our very



APhA-ASP and CPhA: Winter Fresh

By Sarita Wanichpan
APhA-ASP and CPhA
President-Elect

It has been another quarter filled with exciting events for APhA-ASP/CPhA. We would first like to commend the hard work and dedication all the students who competed in the local round of the National Patient Counseling Competition. We are proud to announce that Leanne Thai (Class of 2017) will be representing UCSF in Baltimore, MD at the APhA Annual Conference and Exposition. Next, we had an amazing collaborative event with CSHP, OSACA, and OCPD, which explored different pharmacy internship opportunities in the hospital

and health-systems. Students connected with hospital directors and managers from various sites that included UCSF Medical Center, VA, Lucile Packard, and Kaiser.

To better prepare students for these amazing internships and other opportunities, APhA-ASP/CPhA worked closely with OCPD and PLS to create a CV/Letter of Intent Workshop. This workshop provided guidance for writing strong CVs and letter of intents, which will come in handy when applying to internships and residencies.

With the quarter quickly coming to a close, we got to chill out, max out, relaxin' all cool and all got to shootin some b-ball outside of



the school at the 4th Annual APhA-ASP/CPhA Faculty versus Students basketball tournament. It was another great success, in which students got to meet and interact on a more personal

level with their esteemed faculty through a friendly game of basketball. With that, we would like to close off for now and we are looking forward to saying hello from the other side (of spring break).

CSHP: Professional Development & Member Appreciation

By Stephanie Truong
CSHP President

CSHP-UCSF had a busy quarter with many professional and social events! Our first event was the Hospital Internship Panel, in which directors from UCSF, Kaiser Permanente, Lucile Packard's, and SFVA informed P1s about their respective internship opportunities and described the application processes. After discovering these internship opportunities, we held our annual mock interviews to give students the chance practice their interviewing skills!

We followed the mock interviews with our CSHP Member Social at Yancy's. The P1 representatives organized this event to show appreciation for all our amazing CSHP members. It was a fun afternoon with a great company, food and raffle prizes.

CSHP was also very excited to implement some new changes this year. We held our very first Clinical Skills Competition Training Session in collaboration with SNPhA and ACCP. Students learned about each of our respective competitions and tips and strategies on how to prepare and think therapeutically. Another success was our annual Legislative Roundtable, which featured

the theme, "Engaging Students in Legislation and Advocacy." We had wonderful speakers participate, which included Dean Guglielmo, Dr. Ferrone, and CSHP Dr. Kethen So and Dr. Monique Villanueva. Visiting students from Touro University commented



on how it was a great opportunity for networking and learning more about how to get involved with legislation. With the numerous events this quarter, I need to thank my amazing cabinet, who never failed to show support and are the reason why all our events were such a success!

LAPS: Diversity in the Community

By Stephanie Roman
LAPS President

The Latino Association of Pharmacy Students (LAPS) is a culturally diverse group of students devoted to providing health care services, education and outreach to underserved 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.

This quarter, we were able to hold our 12th Annual Undergraduate Outreach Event here at UCSF. At this event we invited graduate students from different CSU's, UC's, and local community colleges. At this event, we were able to have Sharon Youmans as our keynote speaker, who spoke about the value and importance of cultural diversity, especially in the healthfield.

Also, we also held an interprofessional student panel of nursing, dentistry, pharmacy, and medical students. We discussed important skills for each field as well as our past experiences that led us to get into UCSF. After lunch, we had an interactive community panel with a nurse, doctor, and several pharmacists. Both the undergraduate and current

UCSF students expressed how inspiring the community panel was to them.

As such, LAPS constantly strives to be able to hold similar events and provide invaluable opportunities, such as the ones held this quarter, to current and future students to come.



NCPA: Docking with the EntrepreneurSHIP

By Christine Yu
NCPA President-Elect

Welcome back, student pharmacists! We hope your winter quarter is going well! Since we last set sail in the fall, the NCPA crew has welcomed guests on board for some site visits and events. Back in early January, we sailed to check out the RIVA Robots in the automated, high-tech pharmacy at UCSF's Mission Bay campus. The tour was superbly led by pharmacy director, Dr. Rita Jew, and students were able to view sterile IV compounding robots and machines packaging medication regimens. Students watched in awe as one robot moved needles swiftly and purposefully to withdraw the precise quantity of the medication from the vial. Student pharmacists were also encouraged to consider the impact of automation and technology on filling prescriptions.

At the end of fall quarter, we opened applications to be a part of UCSF's NCPA business plan team for the 2016 national NCPA business plan competition. Congratulations to Allen Tran, Sahar Hojjat, Uche Mordi, and Varsha Pandey for making the team! We look forward to hearing more



about their innovative business plan at the spring banquet. We will also have elections next spring to join the NCPA board.

Looking ahead, we anticipate smooth sailing and beautiful skies at Parnassus for a special roundtable dinner on March 10 with healthcare startup entrepreneurs and pharmacy owners!

ACCP: Exciting new opportunities ahead

By Kendra Rattke
ACCP President-Elect

This January, ACCP-SCCP hosted our inaugural Clinical Pharmacy Research Roundtable. Over forty students were given the opportunity to talk with pharmacists who have conducted clinical research as part of their career. Eleven pharmacists attended and represented a variety of backgrounds including clinical research associates and scientists from industry, pharmacists and residents from the hospital setting, PharmD/PhDs and pharmacists in academia including Dean Guglielmo. Students were given a glimpse of the potential careers and pathways that lead to a career in clinical research. ACCP thanks all the students and pharmacists that attended and looks forward to continuing this new tradition next year.

In addition to that, the ACCP-SCCP at UCSF team has advanced to the second national round of the ACCP Clinical Research Challenge after competing in an online national journal club exam. The UCSF team, which consisted of Steven Samuels (P2), Casey Duckwall (P1), Amy Liu (P1), was selected after achieving the top scores in a local competition. The team will compete against 19 other teams by designing a research protocol proposal due March 14. Congratulations and good luck!

Lastly, an ACCP-SCCP research project was recently accepted in the Journal of Pharmacy Practice, dealing with “Managing subdural bleeding associated with rivaroxaban: a series of three cases.”

We also started a new collaboration project with Dr. Shin, Dr. Wong, and Dr. Stebbins on the “Effectiveness of pharmacist-led intervention to help reach LDL levels in SFGH outpatients recommended by 2013 AHA cholesterol guidelines.”



SNPhA: Throwback Window: SNPhA Throughout the Years



By Edna Cheung
SNPhA President

In light of a gradual, but tearful board transition, it is bittersweet to look back on SNPhA's accomplishments and memories over the past few years. The scope of SNPhA's programming has changed to launch causes that the board and members are passionate about, to synergistically collaborate with other UCSF student organizations, and to partake in the initiatives of the national SNPhA.

Perhaps my most memorable experience in SNPhA is piloting our Health Disparities Night workshop—I will never forget walking up to the SNPhA table as a P1 at Welcome Fair and pitching my idea. Before I knew it, the event came into fruition and has now become part of our annual constitutive programming.

Besides working cohesively as a board and being supportive of one another (trust me, SNPhA provides the “best supportive care” one could ask for!), we are proud to have organized new events this year, such as our Clinical Skills Competition Training Session with ACCP and CSHP. We have also made strides towards our mission statement of serving the underserved by directly getting involved in COSA collaborations through our P1 Initiative Chairs on SNPhA's Fight Diabetes, Chronic Kidney Disease, Power to End Stroke, and Operation Immunization initiatives.

As President-Elect Jefferson Cua mentioned in last quarter's article, it takes a village, not only for the hard work and sweat that goes into putting events together, but also for the caring and warmth that the board provides and experiences. I most definitely have heart failure from heart-aching SNPhA nostalgia!

Kappa Psi: Remembering the why in KY

By Thanh Le
KY Former Parliamentarian

As a P3, I mostly watched along the sidelines. I watched the devotion of the KY Board as they worked hard to plan a pledge season worthy of the P1s, I watched P2s eager to meet their new littles, I watched P3s embrace our growing family and continue to serve as anchors for the foundation of our Brotherhood, and I watched the P1s charm us with their personalities and their energy. When I gained membership to KY two years ago, I did not know that I would also be gaining so much support and lasting friendships. This continues to become more true as time goes on.

It has been an honor to welcome our Pledges as Brothers. They hosted an impressive Pledge Party at a

penthouse suite, which had an unforgettable view. It was a great way to pause from the frenzy of academics and spend a fun night out together. We also recently had Big Bro Reveal and it is hard to describe the pleasure of meeting my Grand-little

for the first time. We had strong upperclassmen and Alumni presence at many events, and Big Bro Reveal and Initiation were no exception.

We are also preparing as our P3 and P4 Brothers enter the next



chapter of their lives. To the P2s and P1s: remember that though many of us are leaving, you will always have our support and we are excited for the ways you will continue to grow and shape our family.

Phi Delta Chi: The Power of the Pledges

By Luis Perez
PDC Worthy Chief Counselor

Winter quarter is the time for our lovely pledges to buckle down, learn about the principles of our fraternity, and head events with the purpose of building connections within their pledge class and the rest of our brothers. But before getting too serious, the chapter headed to Tahoe for some relaxation. Among 60 pledges and brothers, we got to know each other better through spontaneous snowball fights, dumpling making, and an appreciation game involving lots of yarn!

Later on in January, several board members went to represent our Zeta chapter at the Pacific regional conference in Sacramento. We had the pleasure of connecting with other

PDC brothers in our area and keeping up with the changes happening to our organization on the national level.

As the quarter went on, our pledges teamed up to hold a wide range of events that embodied the spirit of our motto, “each needs the help of the other.” An academic committee created interactive reviews of P1 classes, complete with practice tests! The community service committee gathered the chapter to write over a hundred cards for the elderly and pediatric patients at Moffitt Hospital for Valentine's Day. The fundraising committee also helped spread the love on Valentine's Day by selling hand-crafted



grams to the school. Finally, our talent show committee raised our midterm-weary spirits by gathering several spirited performances from our chapter. We look forward to officially welcoming our pledges into our brotherhood at initiation!