

# Therapeutic WINDOW

UCSF School of Pharmacy

ASSP-ASUC | Fall 2014

## Flavors of Pharmacy

By Leann McDowell, ASSP President

It is hard to believe that my time here at UCSF School of Pharmacy is well over half done. There is only one more quarter before rotations start for the P3s and before rotations end for the P4s. It seems like not too long ago when I was sitting in HSW during my orientation, listening to Christine Bui, former ASSP President, telling us about how ASSP is like a bowl of ice cream. For those of you who have not heard of this analogy, let me take this time to explain the ice cream bowl. Everyone has a different favorite flavor of ice cream – chocolate, vanilla, strawberry, mint chocolate chip to name a few. Think of each flavor as an RCO and ASSP as the bowl that holds the ice cream: each student chooses different RCOs or different flavors of ice cream, and ASSP is the bowl that supports all of the RCOs and student body.

One of the things that I love about UCSF and pharmacy school is all of the opportunities that we have to explore different avenues in the field of pharmacy. UCSF, the School of Pharmacy, and various work places give students opportunities to explore and experience areas of pharmacy that one may not normally experience. There are opportunities to help diverse populations of patients, to gain exposure and experience traditional and nontraditional areas of pharmacy, and to experience pharmacy in a variety of work environments.



Even though you may have your favorite flavor of ice cream or if you think you may not like a certain flavor, I want to encourage all of you to try a new flavor during the next year. Pharmacy school is the time to explore and try new things, to test out a new flavor of ice cream. It is the time to find out what you are passionate about, what motivates and drives you. With all of these unique opportunities, take advantage of the variety of experiences offered to students. Through internships, rotations, and RCO events, students are presented with these amazing opportunities, something that is not available for pharmacists already working in the field.

It's okay to be comfortable with the uncomfortable. School is a safe place to try new things. Experience in a setting that you do not like can be as helpful and informative as an experience that you really enjoy. And who knows? Maybe you'll find a new favorite flavor of ice cream.

*P1s learning about the different RCOs and COSA Projects at the Welcome Fair*

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*Edited by Grace Joy Kim & Malini Madhusudhan*

# Skit Night More Than Just A Talent Show

By Esther Yi

ASSP President-Elect

On Wednesday, October 29th, 2014, Cole Hall opened its doors to Skit Night 2014, a night filled with the laughter, camaraderie and endless talent of UCSF's School of Pharmacy. The event was truly a success and possible due to the collaborative efforts of the ASSP board, our wonderful hosts Gabe Wong and Brian Macapinlac, the creativity of the performers, and all the support from the students, faculty, and alumni. It was truly a privilege to be able to plan such a special event that not only showcased the talent and individuality within the School of Pharmacy but also brought the entire school together as a community.

This year, the show included a total of 13 acts split into two sessions with a brief intermission with DJ OWA. The first half of the show included a variety of musical performances by Niki Arab, Sophie Nguyen, Phuong Lai, Lisa Le, Mercy Tang, Stephanie Truong, Jessica Shost, Laurel Carmichael, Pia Dizon, and Bryan Hunt, all who awed the audience with their beautiful singing, instrumental skills, lyrical creativity, and collaborative showmanship. The first half also included an exciting Martial Arts performance by Kenneth Tham as well as an entertaining P1 video, giving us a sneak peak at the vibrant lives and personalities of our incoming Class of 2018.

The second half of the event welcomed many more singing performances by Daisy Wong, Amanda Tran, Diana Tran, and Jane Kang as they melted the audience with their voices.



*All of the talented Skit Night performers gathered together in Cole Hall*

Our very own host, Gabe Wong, also surprised the audience with his musical talent by accompanying Jane Kang on the piano. Speaking of unexpected appearances, Michael DeGuia and Michael Yang made a cameo appearance to introduce the beautiful Bollywood dancers Malini Madhusudhan, Riti Gupta, Alysha Fahmi, Ronika Kalpage, Iris Chen, Aleena Malik, Sarah Ali, and Reeti Bandyopadhyay. The P3s also came back again this year with a long-awaited sequel to *The Pharm*, as they delivered both laughter and wisdom from their reflections as third years. The final act for Skit Night 2014 was a collaborative cover of "Rather Be" led by our hosts Gabe Wong and Brian Macapinlac, accompanied by Jane Kang with dance performances by James Go, Esther Yi, Jenny Zhang, and Malini Madhusudhan. Skit Night 2014 was a success! Thank you to everyone who participated, supported and attended the event. See you again next year!



*The silly ASSP Board celebrating after a successful Skit Night!*

## Students Of The Quarter

By Elizabeth Staub  
ASSP VP of Student Affairs

Students of the quarter were nominated and voted for by their classmates. On behalf of the ASSP cabinet, congratulations to all the students of the quarter for Fall 2014 and thanks to everyone that took the time to nominate!

### Charisma Urbiztondo

Class of 2016

“Charisma is always there to lend a helping hand when in need and goes above and beyond to do what is best for our class. She has worked hard with our cabinet to ensure that we have sufficient funds to have a great graduation ceremony/banquet. She also tries to ensure that our class is still enjoying our limited time left at UCSF. Since we are all splitting ways in merely a few months, she tries to get our class together as a whole to support one another at events. She also willingly shares study guides from upperclassmen. Most of all, she has been an amazing friend, colleague, and classmate. Our class would not be the same without her!”



### Tiffany Buckley

Class of 2017



“Tbuck (as all of us fondly call her) unequivocally deserves this award for all the work she has done this quarter. To limit her achievements to just this quarter would be a great disservice to her however, as she has been an astounding student and friend to all since pharmacy school has begun. Tbuck’s many accomplishments include her outstanding work as EPC representative, being a voice for our entire class and saving us from the perils of a Biostats Final and other academic difficulties. She is a dedicated giver, making excellent study guides and flash cards that she shares indiscriminately to the class. Overall, she rightly deserves this award for her passion and motivation.”

### Kyle Brown

Class of 2018

“Kyle deserves to be Student of the Quarter because he has always taken initiative and worked hard to organize things for our class. Many people in our class had briefly talked about putting together a class video for skit night and Kyle took the lead in planning, filming, and editing the skit video. He is a good leader and a great friend, and deserves to be recognized!”

“Although he does not have a leadership position in our class, Kyle has been very active and helped coordinate/take charge for many events. He organized, recorded, and edited our video for ASSP Skit Night - which is just one example of his drive.”



## ASSP Social News & Updates

By Kimberly Lau and Jenny Zhang  
ASSP VP of Social Affairs

We’ve reached near the end of yet another quarter, and winter break is right around the corner! For the P1’s especially, we hope your first quarter has been a fun and memorable one so far. One of ASSP’s goals has always been to help foster stronger relationships among our peers within the school of pharmacy. Through both our social and professional events planned the last couple of months, we hope we’ve made you feel welcomed into our pharmacy family. We were thrilled to see the large turnout at the ASSP Welcome Fair. We hope it was an informative event that helped individuals determine where their interests within the school lie. This year’s ASSP

Skit Night was another success. Our school definitely has a diverse spectrum of talent, and Skit Night truly showcased these skills. Watch out for more fun and exciting ASSP events to come! Some of our upcoming events in the winter will be Trivia Night and the UCSF Formal. Trivia Night will provide students the chance to network with some alumni and faculty, all while putting their brains to the test answering questions about pop culture and current events. The UCSF Formal is a wonderful opportunity to get all fancy and enjoy a classy night dancing away with your classmates and students from the other schools at UCSF. Finish off the quarter strong, and we’ll see you back again soon!

## Class of 2015: Inspiration On Rotations



By Ben Parcher  
Class of 2015 President

L-->R: LB Memorial, Community Hospital Long Beach, and Miller Children's & Women's Hospital Long Beach

The Class of 2015 celebrates the kick-off of their 6th APPE Rotation block this November, and by all accounts, patients are the happiest of all to be receiving their care. Countless instances have been forged by our P4's over these past months that have inspired patients, as well as members across the healthcare team.

With this success unfolding we've been subsequently thrilled to learn of another inspiration, the announcement of the 2015 Graduation Keynote speaker:

Dr. Diana Hendel, PharmD and CEO of Long Beach Memorial Medical Center, Community Hospital Long Beach and Miller Children's & Women's Hospital Long Beach. If there ever was an inspiration to look towards for where a career in pharmacy may excitingly lead to, Dr. Hendel's certainly stands out.

A UCSF SOP Alumni '89, Diana began her career at LB Memorial where she first was a Clinical Pharmacy Resident, and then completed a second year Residency in Pharmacy Administration. As CEO of the three Long Beach hospitals, she now leads

a health system with 6,000 employees, 1,500 physicians and 1,044 acute care beds. Needless to say, we're exceedingly grateful to have Dr. Hendel share her understanding of the complex health-care ecosystem, and where Pharmacy is poised to prosper within it.

The Commencement Ceremony will take place on May 8th, 2015 at the Louise M. Davies Symphony Hall in San Francisco at 11:00am. It promises to be a fitting capstone for a stellar group of Graduating Pharmacists, advancing healthcare patient-wide.

## Class of 2016: "Oh Won't You Stay With Me"



With raised hands, P3s sang along in support of their very own Daisy Wong

By Charisma Urbiztondo  
Class of 2016 President

This quarter has proved to be quite eventful for the C/O 2016 ranging from fundraisers to Skit Night to surprise OSCEs. We started strong with a partnership with P4s for Cirque du Soleil fundraiser, of which we are in the process of doing a second round.

With curriculum changes, we have

been busier than anticipated from required IPPE activities, interprofessional OSCEs, antimicrobial stewardship, etc. Even amongst these changes, we continued to hold strong as a class!

If I could sing a song to all my classmates with my hands raised and my heart on my sleeve, it would be Daisy's version of "Stay With Me".

This was the song that depicted that perfect moment among the P3s at Skit Night. The P3 love was undeniable. From Jeffrey Kim's "I'll Be Missing You" to Jane Kang's "Mercy" to "The Pharm" Episode 3, I think they accurately represented our P3 year. We are almost there, so close to being done with didactics. Once we disperse to pursue our rotations, we know it will be bitter sweet. I hate to say it, but we only have about 4 months left with each other! Let's continue to make it count P3s! Spend more quality with one another, catch up with friends, get to know other classmates outside your group, and enjoy each other's company!

# Class of 2017: A New Beginning

By Cheick O Diarra  
Class of 2017 President



*“Having friends makes learning fun”*  
Back (from left to right) : Jeffrey Morimune and Nola He  
Front (from left to right) : Christopher Chiu, Christine Ly and Neda Nguyen

Although P2 year for the class of 2017 student pharmacists is supposed to just be a continuation of P1, it has turned out, in many ways, to be a new beginning for most of us. This sentiment is not just the result of the academic/didactic learning materials, but also the larger responsibilities we have outside of the classroom. Some of these responsibilities include internships, while others stem from on-campus leadership positions or volunteering activities.

For many of us, P2 year started in the summer in the form of a full time internship. These intern hours have proven to be challenging to manage due to the rigor of our cur-

riculum. However, they offer students the best opportunity to grow as future healthcare providers by putting learning into practice in a real life setting.

P2 year also offers students the opportunity to take on leadership roles within student organizations/committees, and volunteering opportunities in clinics and hospitals. We usually take on positions vacated by upper classmen who are preparing for rotations. Despite the enormous time commitment, these responsibilities present great benefits. P2 year offers us the prospect of molding ourselves into what we aim to be as future pharmacists.

# Class of 2018: Thankful for New Opportunities

By Steven Samuels  
Class of 2018 President

With the holidays approaching, there is no better time to reflect upon how thankful we are to be new Student Pharmacists at UCSF. Before classes even began, the P1s spent time getting to know the amazing individuals who would be our new pharmily members. We bonded at bonfires, hiked to new heights, were blessed with buddies from the P2 class, and made marshmallow magic happen.

After classes began, the flurry of assignments and training sessions took some temporary yet meaningful halts. One was the White Coat Ceremony. We smiled as we were coated in Cole Hall, made an oath to serve others, and enjoyed a wonderful reception full of families and photographs. Another halt was “breaking news” for the P1s as we made our big-screen debut at Skit Night with “Class of 2018 News Update”. It was an opportunity to look back at our journey in a humorous light and create new experiences together.

It is humbling to be welcomed to UCSF by this P1 class. We are demonstrating strong involvement and drive for successful careers. Roughly a third of us ran for a leadership position during P1 elections. A large majority is pledging for a professional fraternity. We are working, playing, growing, and learning together in this quickly-ending quarter. The next time we are sprinting to Moffitt Café for respite, put it in perspective how thankful we are to be here... sprinting forward into new IPPE rotations, new fun experiences with classmates, and a myriad new opportunities for the future.



*The Class of 2018 poses for the camera in Rx-formation.*

By Malini Madhusudhan and Grace Joy Kim  
Therapeutic Window Editors

*Here at the UCSF School of Pharmacy, it's nearly impossible to not know the inspiring Dr. Glenn Yokoyama. Always with a smile on his face, Dr. Yokoyama has truly touched a large portion of our school with his positive energy and valuable advice and experiences. We dive into Dr. Yokoyama's personal and professional journey to the School of Pharmacy at UCSF. The opinions expressed here are those of Dr. Yokoyama, and do not necessarily reflect the views of the UCSF School of Pharmacy.*

**Did you always want to be involved with pharmacy?**

Yes, I always did. I have always had a strong feeling as to what pharmacists can do. I always felt that we as pharmacists sell ourselves short and probably could do a lot more in improving patient outcomes.

**What attracted you to the field?**

I started to think about my career when I was in junior year of high school. I knew I was going to be involved in the medical field. I thought about my own uncle that was a dentist, my cousins that were pharmacists, and my other uncles that were physicians. I didn't have any nurses in my family, but I did think about nursing. What interested was that pharmacy involved interaction with the public. The relationships I could develop with people attracted me the most.

**Do you have an example of where pharmacy can go in the future/what pharmacy can develop into?**

I strongly feel that pharmacists should be given provider status. I think pharmacists should develop a personal relationship with patients. This is much easier in outpatient settings because you see them more than one time. My dream is that we do whatever we can to have patients understand their condition. I believe pharmacists should be pretty much what they're doing here: prescribing, monitoring,

UCSF Faculty Spotlight:

Dr. Glenn Yokoyama



following, adjusting therapy, and doing whatever necessary to get the patients feeling better. I look at the pharmacist as being a leader as a healthcare provider.

**What is the best advice you can give to students?**

The best advice I can give is to be involved with your professional organizations. Network, because networking can always give you something that would give you an opportunity that you maybe wouldn't expect. People that you meet in these professional organizations are, from my perspective, amazing. They are kind of what I like to call the movers and shakers. They're very committed and they want the profession to be better. They do whatever they can to try to help to facilitate that process. Give back to the profession whenever you can by getting involved with professional organizations. Professional organizations also provide the opportunity to be active in the community and I feel very strongly about pharmacists being visible to the public.

**What are the different positions you've had and which ones did you enjoy the most?**

The reason that I have been involved with pharmacy organizations and associations is because I wanted to do whatever I could to make the profession better, and you cannot do this as a single individual. We all know we get things done in groups, and the larger the group the more effective you are. The way you get involved with any association is very easy: you just volunteer. Long and short, I've been involved with both hospital and community positions, as with AMCP. I've been a long term APhA member since 1960 and an ASHP member pretty much around that same time. When I became a hospital pharmacist in 1965, I became a member of ASHP. In those days, you automatically became a member of CPhA if you were a member of APhA. I became an AMCP member ever since I came to UCSF and became the chapter advisor in 2004.

I continued to become president and committee members for both CSHP and CPhA. For the APhA foundation, I've been on the Board of Trustees, aimed at maintaining the professional aspects of members. My favorite position has been being president of CPhA. There were two reasons why this was my favorite position. I got installed as president in Hawaii, the first and only time I've been out of state. CPhA also put a picture on the cover of the CPhA journal for whoever is president, and I'm the only president that had a family picture. When you're involved in a professional association, it's hard to be around family due to scheduling conflict, and having a family photo was very special to me. That was my favorite position.



*Dr. Yokoyama with his family in San Francisco, 2010.*

**What are your favorite hobbies?**

My favorite hobby is to jog and walk. Some of you may know that I walk a lot in the city. I live in Japan-town and I try to walk to school 4 days out of the 5 days. Over the weekend, I try to do over 12 miles. My favorite route is coming here to UCSF, either going through Golden Gate Park to Ocean Beach, up the Great Highway and then onto Land's End, which is, beautiful. From Lands End, I'll go through the backside of Legion of Honor, drop back to Clement and then back home; this is about 12 miles. On Sundays I usually go in the opposite direction. Likewise, one of my hobbies is to travel to different places. This year, I went to Machu Pichu and we just got back from Seattle and Vancouver. Another hobby of mine is to spend time with my granddaughter in Southern California. She's funny!

**Do you have a favorite place in the world?**

Yes, I love Japan. Then France and Switzerland, after Japan. South Africa was amazing, actually everything is amazing! The animals in their natural habitat, it was amazing to see. But yes, probably Japan because of the parks within the cities, especially in Tokyo. It's quiet and you can appreciate what's all around you. The hills are beautiful too, and it's very mountainous in Japan.

**If you could be any fruit, what would you be and why?**

Hm, let me think about that!

**We actually have our hunch haha.**

I like fruits in general, that's a tough question! Mm, probably strawberries. As to why, it's because I used to pick strawberries when growing up. They're delicious and pretty, something about the tiny seeds.

**We thought you were going to say grapes because you love wine!**

I did think about grapes! Grapes are very pretty, if you ever go to the vineyards. They're clumped all together, and you have to get close to see them, but they're very pretty.

*On behalf of ASSP, we would like to thank Dr. Yokoyama for taking the time to sit down with us and share his experiences with us!*

# AMCP: Managed Care On The Rise

By Lucille Sun  
AMCP President

The Fall Quarter for AMCP is always a busy one – and 2014 is no different. Our membership drive continued its historic high, the P&T Competition is well underway, and the annual AMCP Round Table brought together over 100 students and managed care pharmacists. Our November Career Month also boasts a series of site visits, workshops, panels and info sessions, all tailored to build professionalism and educate on trends and opportunities in managed care.

In October, our chapter was also well represented nationally at the AMCP Nexus Conference in Boston, MA. In addition to our first-place P&T Team (Randal Du, Thomas Lee, Edna Cheung, and Isabel Fong), Leann McDowell was recognized for her accomplishments at the AMCP and Pfizer Managed Care Pharmacy Summer Internship Program. Three UCSF student posters were also presented alongside academic and industry research.



Students at McKesson Site Visit (L-->R): Oscar M., Mary L., Sunny N., Lucia Z., La Toya T., Esther Z., Liz S., Jay B., David S., Kari E., Elaine C., Katherine K., Emmeline A., Ashley K., Jennifer P., Jade V., Lauren L., Helen K., Nou L., Vicky B.

This included a poster on student education in managed care, which received a silver medal for its abstract (authors Lucille Sun, Leann McDowell, Michelle Nguyen, Jennifer Tran, and Dr. Glenn Yokoyama).

As we say goodbye to 2014, I would like to thank all of our AMCP members for being our source of enthusiasm and energy. To our

student board members, thank you for continuing to build our momentum and launch us towards ever-higher goals. And of course, to our faculty advisor and champion, our source of sunshine and steadfast student advocate, thank you Dr. Glenn Yokoyama, for guiding us through yet another successful quarter at UCSF!

# APhA-ASP: Know Your Pharmacist, Know Your Medicine

By Leanne Thai  
APhA-ASP & CPhA  
President-Elect

All right, UCSF, we're ready for our close-up. APhA-CPhA kicked off the year strong at our informational session with an inspirational talk from Dr. Marshal Abdullah. His message was clear - getting involved in professional associations is the key to strengthening your career, advancing patient care, and advocating for your profession. This past October, we successfully launched a social media campaign to celebrate American Pharmacists Month. Beyond generating buzz, our policy team has been active in reaching out to legislators to impact policy important to pharmacy practice.

APhA-CPhA, I think this is the beginning of a beautiful friendship. Earlier this month, our team had

the honor of inducting our New Practitioner Mentor, Dr. Nicole Nguyen. Dr. Nguyen is a Class of 2012 UCSF Alum (P2s may remember her great "The Walking Dead" example from the CP lecture on emergency contraception!). APhA-CPhA is very excited to have Dr. Nguyen as a resource and mentor for our chapter as we strive to do bigger and better things each year.

From local chapter events, to national conferences, APhA-CPhA provides the avenues to grow personally



and professionally. Student pharmacists honed their resumes during the APhA/PLS/OCPD Resume Review Clinics, networked with pharmacists in diverse settings at Wine & Cheese night, and demonstrated their counseling skills in the National Patient Counseling Competition. All that, and we're only in Fall quarter. Fasten your seatbelts, it's going to be an exciting year!

APhA-CPhA welcomes new additions to the team at the Executive Board Induction Dinner: Dr. Nicole Nguyen, Dr. Michael Conner, Sierra Young (San Mateo CPhA Rep), Daryush Tabatabai (SF CPhA Rep), Rebecca Hudock (PI Rep), & Sarita Wanichpan (PI Rep)



# COSA: Kicks Off With A Bang

By COSA External Directors Chrissy Vu & Elaine Mac and Internal Directors Nola He & Rachel Kim

Fall Quarter 2014 has been eventful for COSA and our fifteen health projects. We have organized and participated in several health fairs and outreaches, with the help and support of many pharmacists, community leaders, and UCSF faculty and alumni all over the bay area.

The quarter kicked off with COSA's first-ever staff retreat at the Golden Gate Park. With representatives



COSA Board & Project Coordinators at the Fall Retreat

from each of our projects, we immersed in meaningful conversations to discuss expectations and roles for the upcoming year and engaged in fun games and activities. The COSA Board members received positive feedback for this event and plan to host another retreat in the Spring.

Our first health fair of the quarter was Talk with a Pharmacist Day in collaboration with the San Mateo Pharmacist Association. Seven of our projects screened and educated over 220 patients at the Hillsdale Shopping Center. This event was a great opportunity for our projects to reach out to a community outside of San Francisco.

Our last health fair was the Heart of the City's Farmer's Market, which is known as the "people's

market" and the first to accept food stamps and WIC. Projects served over 80 patients, many of whom felt our services were "very informative," and emphasized "the importance of seeing and following doctor's directions" as mentioned on our newly implemented Health Fair Feedback forms.

Our most recent event was Training Extravaganza. We successfully trained a total of ~90 first year pharmacy students. The students were trained by two screening projects and eleven informational projects in order to participate in our future events.

As this quarter comes to an end, we look forward to working with a new batch of volunteers to better fulfill our commitment to serving the local community!

# CSHP: Fall Recap - Competitions, Roundtables, & Seminar!

By Uyen Duong  
CSHP President

Fall is an exciting time of change, with a new crop of enthusiastic members eager to get a head start on pharmacy experience. We welcomed new P1 representatives to our family – Ashley Nisley and Jeremy Borbon! We also welcomed many new members thanks to a successful membership drive handled by Stephanie Truong (President-Elect), Rachel Kim (Treasurer), Amorette Jeng (Secretary), Iris Chen (Historian), and Linda Pham (SSEC Representative-Elect).

Our first event was the Clinical Skills Competition, headed by our amazing President-Elect. In this competition, students worked in teams to analyze a complex case before creating an action plan and defending that plan before a panel of pharmacists. Our 2014-2015 champions are Anh Doan and Sandy Sallam and they will be representing UCSF at ASHP Midyear!

In mid-October, the spotlight was on Residency Roundtable. This event was a valuable resource for students who wanted face-time with residency directors and a perfect preface to Residency Showcase at Seminar. Katherine Tran, our VP of Profession Affairs did a tremendous job of organizing this event.

Our focus then shifted to CSHP Seminar. Ronika Kalpage, our SSEC Representative, spearheaded the discussion on the intern hours and pushed to make student voices heard. The loudest event was Quiz Bowl, when our UCSF team WON FIRST PLACE! (See photo for winning team members.)

Next up: Clinical Lunch Talks on Pediatrics and Infectious Disease held by our P1 representatives.

Our momentum for Fall Quarter has been on a high and I am eager to see this energy continue to 2015!



CSHP Seminar Quiz Bowl Champions!

# LAPS: Getting Into The Swing Of Things

By Luis Perez, LAPS President



Esleie Gutierrez, Antonio Olea, Edna Cheung, and Luis Perez help out at a flu clinic at SF's Mexican Embassy.

The start of a new school year is always a transition. I was apprehensive about my new role within LAPS, but having an awesome board boosted my confidence. We kicked off another year with one of our classic lunch talks! After giving everyone a primer in tamale history, we learned phrases relating to heartburn and the proper medications to treat it. Our dedicated students tackled the vocabulary and were able to share some of their new-found knowledge with us. We even got a volunteer to do a mini-OSCE in front of the audience! As our brave volunteer completed the whole encounter in Spanish, we provided a line-by-line translation so everyone could follow along.

Later on in the quarter we had the opportunity to volunteer at a flu shot

clinic at the Mexican Embassy led by our advisor, Dr. Joel Alegria. Working in a unique setting, we got to put our immunization, counseling, and Spanish skills to the test! Within 3 hours we provided 40 free immunizations to thankful patients.

Amidst our waves of midterms, we found some time to have a piñata making party! At our Welcome Back Fiesta, new members got to reconnect with childhood by decorating paper mâché piñatas. Some of us got into the World Series spirit and created a Kansas City piñata. Unfortunately, much like the actual Kansas City Royals, it did not make it until the end. We're looking forward to what the rest of the year has in store for us!

# NCPA: Exciting Wins and Exciting Events In Store

By Dalga Surofchy  
NCPA President-Elect

It is an honor to write to you as the president-elect representative for the National Community Pharmacist's Association (NCPA). This year we are excited to provide you with some exciting announcements and some upcoming events.

For the first time in history, UCSF School of Pharmacy competed and placed third at the national NCPA Pruitt-Schutte Student Business Plan Competition this past October where 47 schools competed. This year, students Mariko Yokokura (P3), Nancy Wong (P3), Jay Barcelon (P2) and Chris Foo (P2) comprised the UCSF team and were guided by faculty mentors Dr. John Kong, Dr. Kevin Rodondi and Dr. Brian Komoto. Make sure to congratulate them all the next time you see them on

campus! On a similar note, we will be recruiting for the business plan competition in January, so stay tuned for updates.

Now for some exciting events-- Upcoming in the winter we will have our annual winter roundtable where students will have an amazing opportunity to network with unique and interesting pharmacists, and learn more about the independent, business, & entrepreneurial side of pharmacy. Also in the winter, we will be hosting our winter Business Skills & Entrepreneurship Elective where students will learn about entrepreneurship, innovation and a variety of other business skills.

Lastly, I would like to welcome and congratulate our new P1 reps Christine Yu and Katherine Kazanjian.



NCPA board: Dalga Surofchy, Natalie Aquino, I-Chen Fong, Chris Foo, Tanuja Patel, & Cheick Omar Diarra



National competing business plan team: Chris Foo, Mariko Yokokura, Nancy Wong, Jay Barcelon, Dr. Komoto

# Warm Salutations From PLS

By David Yu  
PLS President

For those of you hearing about Phi Lambda Sigma (PLS/Pharmacy Leadership Society) for the first time, we are an honorary society on multiple pharmacy campuses that seek to promote and support the development of leadership qualities in students. Here at UCSF, we are a group of P3s and P4s sharing our experiences in personal and professional growth, so be on the lookout for our events and come meet us!

This quarter, we may have worked with you in showcasing your strengths in your resume, in training you to be professional student pharmacist in health fairs, or in getting you a professional picture for your social media presence. If you have not

had a chance to meet us, here is a tip to hold you over till our next event: For your New Year's resolution or Winter quarter goal, make it *SMART* to increase its chance of being accomplished.

*S = specific (Who, What, When, Where, Why)*

*M = measurable (Make it concrete to show progress)*

*A = attainable (Make it possible to complete your goal)*

*R = realistic (Do you see yourself completing the goal?)*

*T = time (Give yourself a deadline)*

*Ex: For the next 10 weeks, I will go for a 30 minute run, three times a week, so that I can be fit physically and mentally.*



*\*\*For more information about Phi Lambda Sigma, visit our website at: [ucsf.orgsync.com/org/pls](http://ucsf.orgsync.com/org/pls)*

*PLS Cabinet from left to right: Calvin Diep, Amanda Sugay, David Yu, Jennifer Tran, Leann McDowell*

# SNPhA: The Significance of Mental Health

By Katherine Huynh  
SNPhA Secretary

This Fall, the UCSF Student National Pharmacist Association (SNPhA) proudly hosted our first annual Mental Health Awareness Benefit in celebration of Mental Health Awareness Week. The goal of the benefit was to raise awareness concerning the significance of mental health and its impact on the lives of both patients and students. The event was interprofessional, and students from all UCSF schools were welcomed to attend. We also had the pleasure of welcoming special guests from SNPhA Touro University in the audience. Many students showed their support through generous donations, and all proceeds went to the National Alliance of Mental Illness (NAMI) in San Francisco.

The Mental Health Awareness Benefit consisted of dynamic student-led

performances, where students celebrated mental health awareness through song and dance. A group of students created a video message, sharing touching words and thoughts with the audience. We also had three amazing speakers, including one from NAMI, who shared their struggles with mental health and the reason behind their drive and passion to support mental health. Our keynote speaker, Jhameel, is an Indie-R&B singer and an active mental health advocate who heads the Project #OUTLOUD where he encourages people to share their struggles with mental illness. In addition to a moving musical performance, Jhameel shared his personal struggles with depression, and the experiences which led him to create Project #OUTLOUD in an

effort to help others who share similar struggles.

SNPhA hopes that the Mental Health Awareness Benefit encouraged more students to think about the importance of mental health. We look forward to hosting more events in the upcoming months!



*Students perform a dance number to celebrate Mental Health Awareness Week. From left: Stephanie Ho, Kimanh Duong, Allison Barnes*

# Kappa Psi: Flash Flood of KY Pledges

By Joe Styers

KY Corresponding Secretary

School started with a surprisingly eager new first year class. Bi-frat dinner was a huge success in generating excitement around Kappa Psi. There were even a few P1s asking where they can pay their dues, and we quickly explained to them that they would have to complete the pledge process first and be initiated before any of that. Their eagerness showed potential in becoming our biggest and most dedicated pledge class.

Our rush activities continued with our annual San Francisco Giants game down at the waterfront. Our group was so large that we actually caused the tickets to sell out! It was a great

night of bonding during our tailgate barbeque and the game. The Giants clinched it in the ninth inning for a win against the Padres. We believe it was KY's support that propelled the Giants to win the World Series.

The Halloween costume party was a blast. We had a priest and a possessed girl, Minnie Mouse, a holiday gift, Christine Everdeen, a banana, Jafar, and ton of other unique guests. It was a relaxing break from school that brought brothers closer to not only the P1s but also to each other.

We welcome the largest pledge class in recent memory with 79 new pledges. I hope they are ready to grow together, bond together, and learn the tenants of Kappa Psi!



Halloween festivities. From left to right: Kendra Radtke, Liz Staub, Rob Paterson, Jessica Shost, Ally Barnes.



KY brothers enjoying themselves at the tailgate before heading to the San Francisco Giants game. From left to right: Esther Yi, Iris Chen, Christine Ly, Neda Nguyen.

# Phi Delta Chi: What's the Bash, Anyway?

By Edna Cheung

PDC Worthy House Manager

Birthday Bash—the mischievously endless night of unforgettable (half) memories — formed the basis of last year's Therapeutic Window article. Worthy Chief Counselor Mike De Guia explained how the event celebrated the birth of new connections built during Rush. But what is the "bash"? As a P1, my perception of pharmacy school was not much more discerning than the SF fog, but looking back retrospectively, I realize that Rush culminates in bashing away bashfulness.



PDC brothers s/p Progressive Dinner

Beginning with Bi-frat dinner, we bashed away uncertainties about what fraternities are like at UCSE. Additionally, the homemade food at the Progressively delicious dinners doubtlessly bashed away any uncertainty about our brothers' culinary prowess – a special talent we always Taco 'bout. On the professional front, Internship Night and Alumni Night offered a boon of guidance and mentoring, bashing away worries about gaining pharmacy experience and figuring out where career paths will take you. Continuing to White Coat Celebration, we bashed away the last dregs of nostalgia and ambiguity as we conferred the newly-coated P1's with carnations, an inspirational memento, and a surprise celebration of their milestone inauguration into the profession of pharmacy.



PDC brothers congratulating the new class of 2018 with roses at the White Coat Ceremony

Having bashed away questions, fears, and concerns, we look forward to the birth of a new pledge class, of new memories, and of new and expanded dimensions of Brotherhood. As we welcome our worthy little ones, Phi Delta Chi will continuously be giving birth to unconditional support while bashing away any and all troubles.