

PHI DELTA CHI APLHA IOTA

#### THE CRUCIBLE



a journey through COVID

Primary Editor: Sally Le

Secondary Editors: Han Do

Lisa Nguyen Claudia Tan John Thai

Contributing Editors: Adam Le

Emily Park

Contributing Authors: Khari Abiola

Folarin Akinwekomi

Nikhil Bhatia

Han Do

Selma Kajtazovic

Natalie Keohane

Adam Le Lydia Lee

Sophia Lee

Matisse Murphy

Kelly Nguyen

Nancy Nguyen

Parth Patel Shyam Patel

Kelly Ta

Stephen Wu Jeff Yang

#### W QRD S FROM the editor

#### Dear Brothers.

After countless hours of proofreading, editing, and looking through pictures (or screenshots), I can finally share all the events in which you had either thoroughly planned, kindly written, or simply attended. Just from reading the many prompts, I am positive that our bond has grown stronger despite being virtual the majority of the time. Every event that I personally attended has been full of jokes and laughter that was well-needed, and those events were organized with careful consideration due to the current pandemic.

Rotations had kept me super busy and before I knew it, I was feeling overwhelmed with designing the publication. I truly could not have done it if it wasn't for both my close

friends and Brothers. A very special thanks to my very dear friend, Lisa, for coming up with some of the designs, and a big AAAE to Brothers Han, John, Claudia, and Adam for also helping with this publication. Finally, AAAE to all those who have written an article and/or taken pictures of an event.

TLDR; You all have contributed in some sort of way and I am impressed by each of your accomplishments. As your Worthy Prelate, historian, supporter, and Brother, I hope you enjoy skimming through "The Crucible" and I truly wish you all the best.

Sincerely, Sally Le Al 1125







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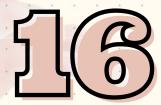
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# WORDS FROM THE WORTHY CHIEF COUNSELOR

"Sometimes you will never know the value of a moment. until it becomes a memory."

= - Dr. Seuss

This year presented us with many challenges that we, as a Chapter, had to overcome together. As the COVID-19 pandemic had cut our Spring 2020 short, the incoming executive board had to quickly learn to adapt to the new virtual environment. With the school transitioning into an all-virtual platform, including restrictions on in-person events, we had many dedicated Brothers who stepped up and proposed new ideas for us to continue sharing our fraternity with the community.

First and foremost, communication with the executive board and Brothers was crucial this year as we had to transition to an all-virtual setting. In addition to emails and Facebook messages, we utilized Slack, a business communication platform, to connect with each other and to bring together the alumni and collegiate Chapter as well. Events, meetings, and ideas were all discussed and published on Slack for all Alpha lota to view. This new way of communicating shows how we continue to help each other through difficult times.

Being on a virtual platform posed many barriers for our Chapter, especially for the recruitment season. One of our goals this year was to strive to educate those who were interested in joining our fraternity more about what Phi Delta Chi stands for. Both our Worthy Master-at-Arms, Brother Carolyn, and Worthy Inner-Guard, Brother James, did an

exceptional job at incorporating education, Brotherhood, and virtual games into our recruitment events, while also increasing interest in the new recruits. Through the approval of the College of Pharmacy, we were able to successfully host an inperson recruitment event where we got to interact with potential Candidates. This was beneficial to both Brothers and potential Candidates as we got to get to know each other on a personal level and help them understand how we work as a fraternity. At the end of our recruitment period, we had recruited a total of ten Candidates who were eager to start on this new journey of becoming leaders in pharmacy!

In recent years, we've been pushing ourselves to increase our presence in the community. This includes one of our major events, the annual St. Jude 5K Walk/Run that we host in Athens, Georgia. Again, as this year was fully virtual, we were not able to all gather together in one place to walk or run the 5K. But, with the lead of our Philanthropy Chair, Brother Folarin, we were able to host the event virtually, where the Brothers and other participants partook in the 5K separately. We even had Alumni Ralph Saroyan share interest and participated in our 5K! Together, we raised over \$1000 for St. Jude.

Another goal we had this year was to increase participation in all aspects. With the pandemic, there were many barriers that the Social Chairs of both fall (Brothers Nikhil and Connor) and spring (Brothers Shyam and Nikhil) semesters had to conquer to achieve this goal. With the constant worry of Brothers being burnt out from being on their laptops all day long for school, they had to devise new strategies and ideas to captivate Brothers. During the fall semester, Brothers Nikhil and Connor hosted a virtual homecoming tailgate in place of our annual homecoming tailgate with alumni. This event consisted of many Brotherhood activities that gave us opportunities to get to know each other on a more personal level. During the

spring, Brothers Shyam and Nikhil hosted a virtual P4 send-off where all the Brothers came together and celebrated. There were games and awards announcements at this event that ignited more smiles and laughter. Throughout these struggles, it revealed how strong our bond is and our willingness to come together.

We've also been working on increasing our opportunities for professional events. We revived the monthly journal club with the help of our Professional and Service Chairs, Brothers Sophia and Khari. They both reached out to Dr. Huang, an alumnus who is also one of our recently inducted faculty Brothers, to help oversee our journal club and presentations. Journal clubs were hosted once or twice a month during our Chapter meetings to increase the engagement of the Brothers and to educate each other on current healthcare-related news. In addition, with the lead of our Professional and Service Co-chair, Brother Khari, we were able to continue our RadioRx broadcasts at the college. It was hosted every week where Brothers volunteered and discussed healthcare-related topics with the community. Both events helped increase Brothers' knowledge and pushed each other to research and become updated on recent healthcare news or medications.

At the end of the fall semester, we had a few positions opened for faculty Brothers due to a few of our own retiring. This opportunity opened up at the perfect time for us to reach out and communicate with Dr. Huang, an Alumnus of Alpha lota, to see if he was interested in filling one of the positions. Before, Dr. Huang was involved with many of our alumni events and had always shown dedication to our Brotherhood by being involved with the collegiate Chapter whenever the opportunity arose. By the end of the spring semester, we were able to complete his induction. We are proud to announce Dr. Huang as one of our new faculty Brothers!

Even though this year had its challenges, I am thoroughly grateful for the experience and the opportunity to serve as Alpha lota's WCC for this crazy, fun, and virtual-filled year. We created many unforgettable memories which I will cherish, as Dr. Seuss had once said, "Sometimes you will never know the value of a moment until it becomes a

memory." This year showed us many opportunities going forward where virtual platforms could be beneficial to our Chapter. I hope we continue to utilize what we learned from this year and apply it to what's to come as we grow together as a fraternity. I believe that if we were able to make it through this virtual year, then together we can make it through these hardships we have in front of us. I can't wait to see how the Brothers and Phi Delta Chi will grow in the next few years!

Written by: Lydia Lee



# BROTHERHOOD REFLECTION

Coming into pharmacy school at the University of Georgia was not the experience that I had initially hoped it would be. One year ago, the World Health Organization declared the spread of COVID-19 as a worldwide pandemic. Reacting to the virus, schools went scrambling to try and adapt to a new learning system that would fit the educational requirements they needed to uphold. And the entire time, I was just hoping for it to end, as I'm sure most people were, but the pandemic lasted longer than everyone thought it would. As it continued, the restrictions placed on us continued to get stricter for our safety and the faculties. For example, we had a block schedule in terms of our inperson class days, dividing my entire graduating class into three groups. We were socially distanced. We wore masks and never saw each other's faces. All in all, we basically didn't interact with each other. It felt like everyone just talked to people that they already knew before coming to school and didn't risk the exposure from strangers. I also wanted a way to network and pursue leadership opportunities during my time in the College of Pharmacy. My roommate then mentioned to me about a co-ed fraternity called Phi Delta Chi that would be a really good way to meet people. In fact, he told me about one of PDC's recruitment events that was currently happening. I went because I had nothing better to do, and I am so glad that I did.

It was the first time that I felt like I could connect with the rest of my class in any sort of meaningful way. I met a lot of my best friends at that first rush event, an opportunity that would not have existed without PDC. So I decided to get more involved in the organization. I decided to officially rush and also ran for the president of the rushing class. I felt like everyone was so open and welcoming throughout the entire process. I went through all three rush events and knew PDC was the place for me. I started going to all the Candidate meetings, took all the quizzes, and did all the prerequisites. One of the prerequisite tasks was interviewing all the current Brothers. I had a great time talking with everyone, but there were people I felt like I got along with better than the rest. Those people are my current bigs. Eventually, we became official Brothers and got to attend an official Chapter meeting, where we could learn about different opportunities to grow as an organization and as leaders and pharmacists.

For me, that meant becoming a social co-chair for the upcoming semester, which was not the experience that I thought it would be. With vaccines rolling out, we thought that we would go back to normal in a few months but it never happened. We couldn't hold official in-person events due to safety risks, or if we did, we had to make sure everyone was apart from each other. It was understandable but also upsetting. It didn't feel like the usual traditional semester for us, so we threw some online events such as game nights in an attempt to get everyone together. This was also an opportunity for the incoming class to meet the upperclassmen. With a rocky start to the semester, we made it through with a pretty big victory for us at the end of the semester. The last event of the year was a game/award ceremony for everyone. We had everyone meet up in smaller groups, get some dinner, and zoom in as teams to compete and see their fellow Brothers get recognized for their hard work that year. I was probably most proud of this event due to the number of people that had the opportunity to join, including a lot of p4 Brothers. Everyone made time in their busy schedules to come and say goodbye to one another before the semester ends. It made me feel like the hard work for the semester paid off, even if it was not the semester that I would have ideally wanted as a social co-chair. All in all, I felt like I had a chance to experience a lot more during my first year at pharmacy school. This is all thanks to PDC for supporting me and bringing me the opportunities to interact with my fellow classmates that I normally would not have had the chance to talk to. The opportunities to serve my community, to be a leader in the College

of Pharmacy, and to meet the many Brothers of PDC, are all that will help me become a

















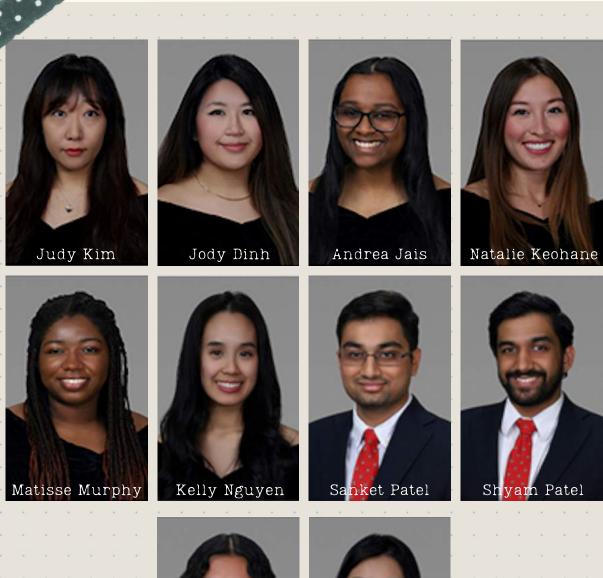














## Factles and Advisors





#### WORTHY CHIEF COUNSELOR



#### It's not goodbye

Congratulations Stephen on your new position as WCC! This experience will not only be challenging but rewarding as well. Through my experience, PDC gave me an opportunity to lead others, learn to be resilient, and trust the executive board and Brothers. Everyone's dedication and hard work is what keeps Phi Delta Chi running. The relationships we build here will continue on for the rest of our lives; therefore, don't be afraid to lean on each other and push each other to bring their best foot forward for PDC. Working with you this past year, I got to see your strong work ethic and how dedicated you are to PDC. Because of this, I know how great you will be as WCC,

leading a great group of individuals willing to become leaders in pharmacy. With this past year being on a virtual platform, we were still able to create memorable experiences. I hope you continue to utilize our past experiences and apply it to make PDC a greater community as we grow together as a fraternity. I am looking forward to seeing what direction you will lead PDC. Best of luck!

#### It's see you later

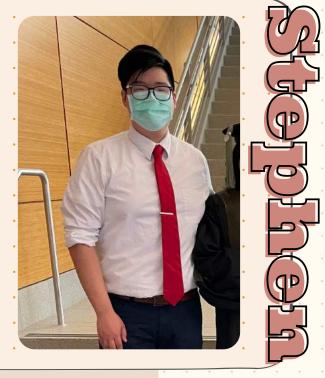
After working closely with the previous WCC, Brother Lydia, I realized what an interesting and rewarding experience being WCC of PDC can be. Through the last year, we have gone through many difficult times due to the COVID pandemic with each week bringing a new trial. However, watching the Brothers persevere and work together through this pandemic really opened my eyes up to how amazing of a group of people we have in PDC. While PDC did an amazing job navigating through the mostly virtual environment of COVID, I am excited to get back to the status quo and have in person events again. I feel that it will be a refresher being able to meet all the new students in person, and I look forward to having a great year being the WCC for the 2021-2022 school year.



#### WORTHY VICE COUNSELOR

#### Its not goodbye

As the year winds down, I look back at the journey that I took as the Worthy Vice Counselor of Phi Delta Chi. This year was unique in the sense that there were many different challenges we had to overcome. I felt that the PDC executive team did a great job adapting and overcoming all the challenges that the COVID-19 pandemic threw at us. While the pandemic may have pulled us apart physically, it drew us closer together as a Brotherhood. As I leave my position as WVC, I know that Sophia will do a great job as the incoming WVC. Some advice that I would give her is just to make sure there was an open line of communication with everyone on the exec board. It is much easier to prevent a mistake than to fix one.



Having open lines of communication with everyone on exec makes it so everyone is on the same page, and we are all working towards our goals together.

#### It's see you later

As the Worthy Vice Counselor for the 2021–2022 school year, I am most excited about coming back to school to see my Brothers again in-person. The past school year has been met with a lot of challenges due to virtual circumstances, but I am hoping that together, we will be able to bring back our old traditions of Brotherhood and in-person events. Although this school year can be met with challenges of its own kind, I am still excited to learn and grow with my fellow Brothers.

#### WORTHY MASTER-AT-ARMS

#### Its not goodbye

Congratulations, Matisse! Your role as the new WMA will be a very different but rewarding experience. You and Kelly will be responsible for our new future Brothers and during the process, it can seem like a lot to manage. This process can be an emotional rollercoaster as well, and it is important to remember to keep your judgment fair and stay grounded. You guys will be the bridge between the future Candidates and current Brothers. Rely on your friends or Brothers if needed; do not be afraid to vocalize your opinions and be decisive. As for what you should do for your role, it is already listed for you in the Words of



Wisdom and we have gone over it. Reach out to me whenever you need and good luck! :)

# FINESCHESSE



#### It's see you later

The COVID-19 pandemic has presented challenges in our social, academic, and professional lives. I believe that Phi Delta Chi played a significant role in helping me and the rest of the Candidate class adjust to pharmacy school in a year of virtual learning and communication. I am excited to hold the position of Worthy Master-At-Arms for the upcoming school year. Brothers Carolyn Vu and James Yuk did an excellent job helping us throughout our Candidacy period and I hope to provide the same support for our incoming class. I look forward to working with Kelly Nguyen and the rest of the executive board to carry on the traditions of Phi Delta Chi while also easing the transition back to in-person classes and activities.

#### WORTHY INNER GUARD



#### It's not goodbye

Hey Kelly! Congratulations on becoming the Worthy Inner Guard for PDC. I know that we already discussed the details of this position but I just wanted to give you a more personal aspect in regards to this position. This position entails a lot of patience and brainstorming because of all the tasks and events that you need to think of within one semester. For me, it was very difficult thinking of ideas that would gather people's interest especially because of COVID-19. I think the hardest part of this position is this first step but after that it gets fun because you are basically guiding the Candidates as a mentor. Remember as I said before, this position should be ready to replace WMA at any

time and vice versa. Work together and it will be okay! Don't worry, take it one step at a time and you will be done in no time! I trust you guys. Good luck!

#### It's see you later

As an upcoming P2, I am so excited to be able to share the joys of Brotherhood with the incoming class of 2025. As Worthy Inner Guard of Phi Delta Chi, I hope to help forage connections and friendship between new and existing Brothers. I am elated to be working with Matisse Murphy, Worthy Master at Arms, to make this year's recruitment events more collaborative and exciting than ever before. With the support of the previous WIG, James Yuk, and WMA, Carolyn Vu, I know Phi Delta Chi will further progress our mission in helping our Brothers advance in the pharmacy profession.



#### WORTHY KEEPER OF RECORDS AND SEALS



#### It's not goodbye

Being a part of PDC has allowed me to become closer to my Brothers, especially in my exec position as WKRS. I have been able to interact with other Brothers in our fraternity and seen how PDC has impacted their experience in pharmacy school. Shyam will be a great WKRS since he is proactive and a great problem solver! I wish him all of the best in his new position and I will be there to aid him with anything he needs!

#### It's see you later

So, I'm expecting a lot for the upcoming year as WKRS. I pretty much have known for a while about the roles and responsibilities, and I'm most looking forward to planning the winter retreat. Yes, I know that I must plan the summer retreat too, but I am eager to meet the future NIBs. Also, there will be more people in the winter including alumni that I've never met. I am also surprisingly looking forward to initiation and my role in that. It seemed like a more fun process from the other end than what I remember from the side being inducted.



## WORTHY KEEPER OF FINANCE

#### Its not goodbye

After receiving the materials passed down from our previous WKF, Yeji, I was very impressed with the work that had been done in prior years. I knew that I had big shoes to fill, especially because of the pandemic. Due to the new social distancing restrictions, it was difficult for the exec and co-chairs to fully solidify their plans. Nonetheless, I am grateful that everyone provided me with a budget proposal at the beginning of each semester and updated me with changes to their budget needs. Due to my position, I was able to work with everyone on the exec board, especially the fundraising and philanthropy chairs. Because of the limited number of people on campus, they faced numerous obstacles while trying to fundraise for our Chapter and St. Jude. Nonetheless, they persevered and



came up with new and creative fundraising ideas. I am excited for what next year's exec and co-chairs will accomplish, and good luck to Mimie as she transitions to the role of WKF!



#### It's see you later

I am really excited to be the new WKF. I think that this position is a great opportunity for me to expand my leadership skills. I am looking forward to being able to work with the new worthies and getting more involved in PDC. I know that it will be a lot of hard work but I think that having a great team to work with will make it easier. There might be ups and downs to the position but I think that it will be a great experience for me to learn and grow as a leader.

#### WORTHY KEEPER OF FINANCE ASSISTANT

#### It's not goodbye

Congratulations Janis for becoming a WKF assistant! I think you will really enjoy this position a lot as you get to work alongside both WKF and the fundraising committee. This experience was a little different for me compared to years before because of COVID. We had to think of fundraising opportunities based on this scenario accommodating the situation, so it helped me think outside the box. I know you'll do great and have fun since you're working with one of your closest friends!



#### It's see you later



PDC was one of the first professional organizations that I joined in P1 year. I ran for social chair and enjoyed being part of the committee board and planning events that build our Brotherhood. I look forward to partaking in another active position of PDC's future. WKF assistant is a position that I have been interested in so I am excited to have been appointed to this opportunity. I have been in a position where I had to make decisions based on the budget and financial records so I can assist WKF to the best of my ability. I want to expand my own experience as well as challenge myself. I am anticipating the teamwork of, not only WKF, but all Brothers and newly inducted Brothers that have joined the executive board.

#### WORTHY CORRESPONDANT



#### It's not goodbye

Congratulations to Nikhil on being elected to one of the coolest Worthy positions around! Well, maybe I'm a little biased. This year has been a whirlwind of ups and downs and all kinds of surprises, but I can say that I have seriously enjoyed myself in completing my tasks for this role. Creativity is a big part of this position in addition to the serious dedication to communication. I was able to demonstrate that part of myself in the Thurston Cup reports where design was largely left to me. Getting to meet with the other regional Worthy Correspondents from different Chapters every month with the Regional

Correspondent was a very insightful part of my responsibilities, as it provided first-hand accounts of what their respective Chapters are doing and what their hardships have been. It's one of those unique positions whose responsibilities are tied directly to the National Office. Worthy Correspondents gather each and every part of the Chapter's activities and programs and put them on display for the National fraternity to see how we're doing. It feels quite daunting at first, but as each report comes along, a pattern quickly develops for how best you want to gather information for each item every month. I look forward to seeing the wonderful things our new Worthy Correspondent does with this position!

#### It's see you later

I am really excited to be the next Worthy Correspondent because I feel like it is the best position for one that wants to stay connected with all of the different areas of Phi Delta Chi. Since I will not be directly on the College of Pharmacy campus, this position will allow me to stay in touch with all of our local Brothers as well as our Brothers attending other schools around the country! I am expecting a very different experience this upcoming year, and I am very excited to see how I can fit into making our Alpha lota Chapter even better!



#### WORTHYPREDATE



#### It's not goodbye

Congratulations, Little! You definitely kept your promise of becoming a worthy officer if one of your Bigs held one first. I know you'll do great since you are far more creative and beyond diligent than I'll ever be. Remember to stay on top of getting articles completed and updating the publication throughout the school year. Otherwise, you'll get stuck with loads of editing and putting everything together over the summer. You wouldn't want that because rotations start in the summer! However, remember that your mental health comes first. Please ask for help when you need it - whether it's from me or our Brothers. I am proud of you and I wish you the best of luck, Adam!

#### It's see you later

There is a lot of excitement about me being the new Worthy Prelate. I've never held an executive position before in PDC so I am thrilled to go on this new adventure. I am also looking forward to the College of Pharmacy being in person next year, so I am expecting to have lots of photos and videos to really show off our Chapter. There are also a lot of expectations since the last Worthy Prelate did such an amazing job, but I am up for the task. Thanks again to everyone for letting me be your WP for next year!



#### WORTHY ALUMNI LIAISON

#### It's not goodbye

Welcome to the new WAL! I look forward to seeing all the events that you'll throw next year. This position has been affected by COVID for the past two school years, but it looks like it's finally time for it to return to its full force. I hope you have fun connecting with our Alumni Brothers and keeping those relationships strong. The past WAL's and I are always happy to answer your questions, and you can depend on us anytime you need help.

Best of luck!

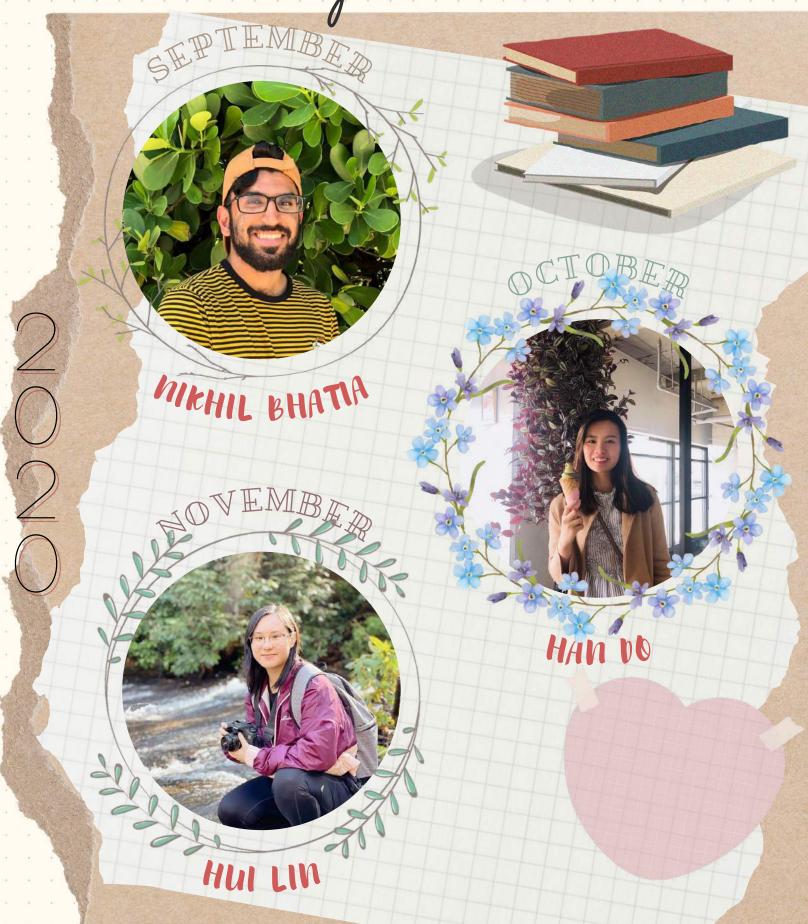




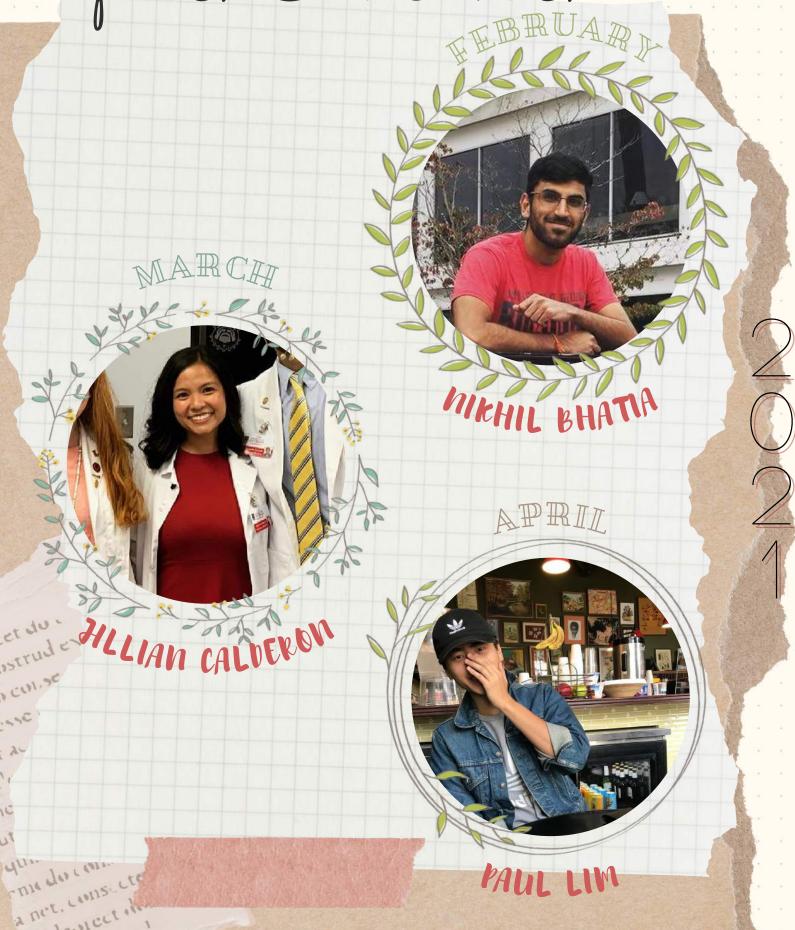
#### It's see you later

I am definitely looking forward to seeing fellow Brothers and Worthies in person on a regular basis again. I am also looking forward to bridging a new relationship between Alumni Brothers and incoming Candidates for the next school year. In addition, I am excited to be working with the Alumni Brothers to ensure that a stronger connection is built between our Chapter and theirs.

STIDY BROTHER
SEPTEMBER



OF THE MONTH





## ADOPT-A-HIGHWAY

On November 11, 2020, a few of our Brothers (Jeff, Folarin, and Paul) and some of our Candidates (Sanket and Shyam) participated in one of our Chapter's traditional events, Adopt-A-Highway. During the planning process of this event, we faced some challenges that were by the current COVID-19 presented situation. The Professional and Service Committee usually organizes two Adopt-A-Highway events per semester; however, due to the concerns regarding the COVID-19 pandemic, our committee has decided to hold only one Adopt-A-Highway event instead twice each semester. Additionally, all participants of the event were required to follow strict precautionary measures set by the CDC guideline. The Adopt-A-Highway event started at 8 on the morning of November 11, 2020.

Although the road was a little wet due to the rain from the night before, all participants, including myself, were very excited to serve our community. We partnered up and cleaned about one mile along Timothy Road. The goals of this event were to present the professionalism of our fraternity to the new Candidates and to reflect on our pharmacy profession by giving back to the community. After our hard work of picking up litter, Brother Paul suggested that all participants should get IHOP for breakfast as the "morning was still young." Consequently, the event ended with our regret of overeating too many pancakes!

Written by: Jeff Yang



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Brothers and Candidates after cleaning up the sides of the roads and before treating themselves out at IHOP. From left to right: Brother Paul, Brother Jeff, Brother Folarin, Candidate Shyam, and Candidate Sanket.



## in the spring...



Although this past Spring semester has been full of virtual classes and events, the Alpha lota Chapter Brothers continued to show our dedication to community service by participating in the Adopt-a-Highway program in-person. On April 8th, Brothers Shyam, Jody, Chris, Judy, Sophia, and Sanket gathered in the early morning to help clean up a section of our road located on Timothy Road. It was a sunny Thursday morning, and the weather was perfect to spend a few hours outside, cleaning up and maintaining our part of the road. We first began by putting on our bright, neon orange safety vests. Several of us held a trash picker tool in one hand while the others held large trash bags. With all our materials set up, we were ready to walk down our stretch of the road.

As we began walking, we could immediately notice litter scattered all throughout the road. Most were common objects like empty water bottles and cans, food wraps, plastic containers, and napkins. As we cleaned up, the Brothers were able to chat with one another and engage in exciting conversations. This was not only a great opportunity for service, but also for some in-person Brotherhood bonding time. Because of the COVID-19 pandemic, a lot of our classes and events were virtual. So, it felt like a breath of fresh air to finally see some Brothers outside of a computer screen and walk together even if it was for a few hours. By the end of our trip, we had collected a sizable amount of litter as three large trash bags were filled to the top. After our hard work, we were treated with even more Brotherhood bonding time over lunch at a local Athens restaurant. Overall, it was a very fulfilling and enjoyable day serving our community and engaging in Brotherhood bonding that we were lacking so much this past semester.

Written by: Sophia Lee



#### April

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## FACULTY LUNCHEON

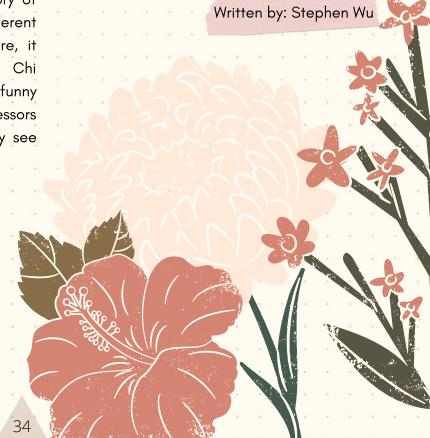
The Faculty Luncheon is a yearly event that is held to introduce the Candidates to the faculty Brothers and advisors. At the University of Georgia, we currently are using a hybrid model for school. This meant that not all students were on campus at the same time. The faculty Brothers expressed that they really wanted to be able to meet the new Candidates in person and not just off in "Zoom land" as Dr. Beach says. Luckily, we were able to reach a consensus with the school to host an in-person event as long as we followed all the safety protocols with the faculty and the students on campus that week.

Since the interview is part of their Candidate tasks, we want them to have the chance to interact freely with our advisor, and we were able to host Dr. Perri (faculty Brother), Dr. Beach (faculty Brother), and Dr. Tackett (Chapter advisor). During the event, the faculty Brothers and advisor told the Candidates about the history of their time with Phi Delta Chi and all the different generations they have been through. Furthermore, it was really interesting to hear how Phi Delta Chi affected their lives in various ways. It was really funny watching the banter between the different professors speaking to each other because usually, we only see them in a professor-student setting.

Traditionally, we try to cater pizza for the event, but due to the pandemic, we catered individually wrapped subway sandwiches to give to all the Candidates and faculty that came. All of the Brothers, Candidates, and faculty members truly enjoyed meeting one another in person and they were very grateful that we were able to organize this event.

#### October

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### FACULTY/STAFF APPRECIATION BREAKFAST

On Monday of March 1st, the Alumni Committee had the honor of hosting our annual Faculty Appreciation Breakfast. Normally, this event is filled with Brothers bringing delicious treats and making tons of tantalizing food to show the faculty how much their hard work means to us students and especially to the Brothers of Phi Delta Chi. However, things looked quite different this year with the precautions that have been set in place due to the COVID-19 pandemic. We had a lot less food due to not knowing how many faculty members we would reach and to following the guidelines that all food items brought to school have to be pre-packaged. This led Brother Alexis, our Worth Alumni Liaison, to think outside the box on getting items. We decided to get doughnuts and orange juice to keep up the theme of breakfast foods but also to allow it to be packaged.

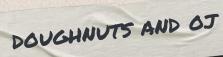




Since we also needed to limit the number of people distributing food, only the Alumni Committee helped distribute everything. The committee arrived early on-site to make sure that we have everything ready for the faculty. We set up and waited around 30 minutes for some of the faculty to walk by and get their well-deserved treats. However, fewer faculty were at work physically due to the restrictions, and there was a lot less foot traffic so not many faculty members had walked by. Even so, nothing can stop Phi Delta Chi from doing their job; therefore, the committee decided to turn this Faculty Appreciation Breakfast into a delivery system. We went around to the offices of many faculty members and hit the hot spots that we knew many faculty members would frequent such as the Counseling and Psychiatric Services (CAPS) Office, the Student Affairs Office, and the Dean's Office. Even though it was harder to get our goals and events accomplished this year, our committee's perseverance reflected how much we appreciate the work our faculty does for us students.











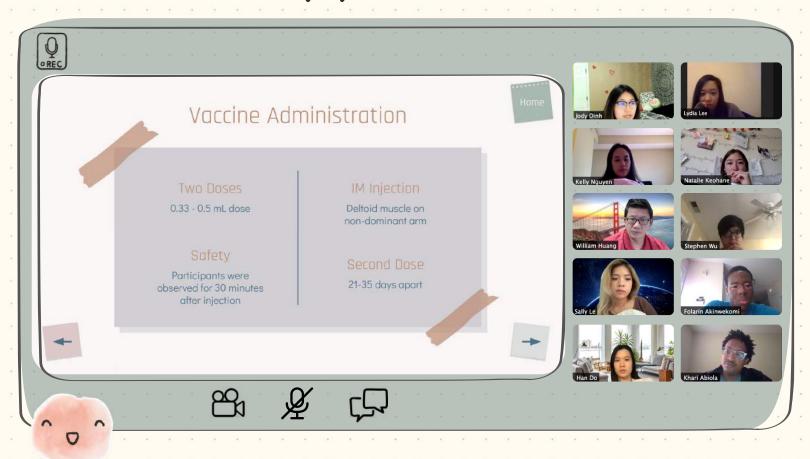
BROTHER PARTH CHINGS:)



DO NOT FORGET TO APPRECIATE OUR STAFF AND FACULTY



## MONTHLY JOURNAL CLUB



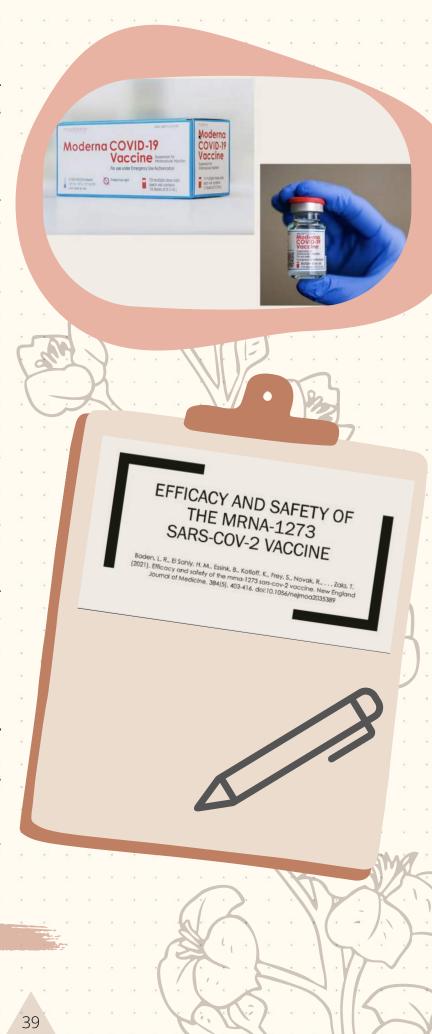
With the continued progression of online classes and limited in-person organizational events due to the COVID-19 pandemic, a lot of traditional professional events that the Alpha lota Chapter has previously participated in were limited. However, the Alpha lota Chapter's dedication to providing professional opportunities for our Brothers did not stop as we created a virtual platform to hold monthly Journal Club meetings. Every month, one Brother would present a journal of their choice through a Zoom meeting with a faculty supervisor present. Any Brothers, including alumni Brothers, can listen in on the presentation and participate in the Q&A session at the end. The presentations lasted anywhere from 10 to 15 minutes to mimic a journal club presentation that normally happens in person.

I started off the series of monthly Journal Club presentations for this Spring semester with a topic covering the efficacy and safety of the Moderna COVID-19 Vaccine. At the time, I was extremely interested in this topic because it was very applicable to not only myself personally but also to the patients I helped at my workplace when administering the vaccine. Because of how applicable the journal was to current affairs and how recent the journal was published, the Brothers asked a lot of thought-provoking questions and engaged in lots of great conversations. Although it was my first time presenting on a journal topic, I had guidance from our alumni and faculty supervisor, Dr. Huang. Not only did Dr. Huang provide guidance for me but he had also graciously agreed to be our supervisor for all monthly journal club meetings. Dr. Huang was an amazing supervisor as he actively engaged in all of our presentations and created a comfortable environment for our Brothers to work in.

In the later months, we had two P1 Brothers, Kelly Nguyen and Jody Dinh, participate in our monthly journal clubs. Kelly presented on seizure frequency and antiepileptic therapy during pregnancy while Jody presented on the efficacy of the Pfizer vaccine against a specific variant of COVID-19. In addition, we have one P3 Brother, Selma Kajtazovic, present on the efficacy and safety of intranasal Esketamine for depression and suicidality. With such interesting and varying topics, the Brothers were exposed to lots of new information and became aware of new therapies from evidence-based research.

Although there were some concerns at the beginning regarding a virtual format for a professional event, there were more advantages and benefits that outweigh those concerns. For instance, a virtual platform meant that it was more accessible for a greater number of people to join. Moreover, the presenters were able to gain experience and practice in analyzing journals and speaking in public as presentations occurred live. It was especially helpful for the P1 and P2 Brothers who may have never been exposed to journal club presentations before in their school career. I found that the novel platform of a virtual journal club was a stepping stone into future professional events for our Chapter, as we can continue to learn and adapt to the needs of our Brothers.

Written by: Sophia Lee



# JOURNAL CLUB: MARCH

Changes in Seizure Frequency and Anti-epileptic
Therapy Buring Pregnancy

#### **JOURNAL TITLE**

**AUTHOR:** 

PRESENTER:

Pennell PB, French JA, May RC, et. al.

Kelly Nguyen

During our March weekly informal meeting, I was able to present a journal article titled "Changes in Seizure Frequency and Antiepileptic Therapy during Pregnancy" (Pennell et al., 2020). There are a plethora of challenges that one faces when navigating the course of treating epilepsy, and pregnancy adds yet another obstacle to ensuring efficacious treatment. The adverse side effects of antiepileptic medications on the fetus remain a concern. Birth defects, including cleft palate, neural tube defects, skeletal abnormalities, and congenital heart and urinary tract defects, are a few potential side effects

associated with antiseizure

medications. Furthermore, it is cited that there is a "higher incidence of death among pregnant women with epilepsy than among other pregnant women, with up to 79% of epilepsy-related deaths attributed to sudden, unexpected death".1 These statistics stress the importance determining changes in the dose antiepileptic drugs among pregnant and nonpregnant women and assessing the risk factors for an increased seizure frequency during pregnancy.

The study subjects included pregnant women with epilepsy ages 14 to 45 years old. The exclusion criteria included patients who had

hard-to-measure or substantially altered frequency of seizures – meaning the presence of progressive cerebral disease, planned surgical intervention for epilepsy, a history of psychogenic nonepileptic seizures, or drug/alcohol abuse in the previous year, or features that were expected to alter other primary outcomes of the study. Study visits for the pregnant women were conducted "three times during pregnancy, during hospitalization for labor and delivery, and every three months through nine months during the postpartum period (total evaluation period, 18 months)."

The results indicated that there was "no meaningful difference between pregnant women and nonpregnant women in increased seizure frequency" during epoch one (pregnancy through the peripartum period) as compared with epoch two (postpartum period).1 However, at the same time, the frequency of increases in drug doses was higher among pregnant women than among nonpregnant women. Overall, no significant change over time in the percentage of women who had convulsive seizures during pregnancy, despite the increased use of antiepileptic drugs.

At the end of the presentation, I noted that clarification in the peripartum versus postpartum period would have helped with my understanding of the time periods in which they collected data. A limitation that I noticed was related to missing data and underpowering to detect between-group differences for specific seizure types. Patients reported their seizures on a dairy smartphone application, so not all patients receiving the same care were under the same doctors. This leads to neglected populations that were not monitored for blood serum levels of their medications during their pregnancy which could have led to overdosing or underdosing.

In conclusion, I found this study to be very different from what I've learned this far in my P1 year, and doing this presentation for a journal club has given me an insightful taste of what is to come in the next few years of studies here at UGA College of Pharmacy.



## RADIORX



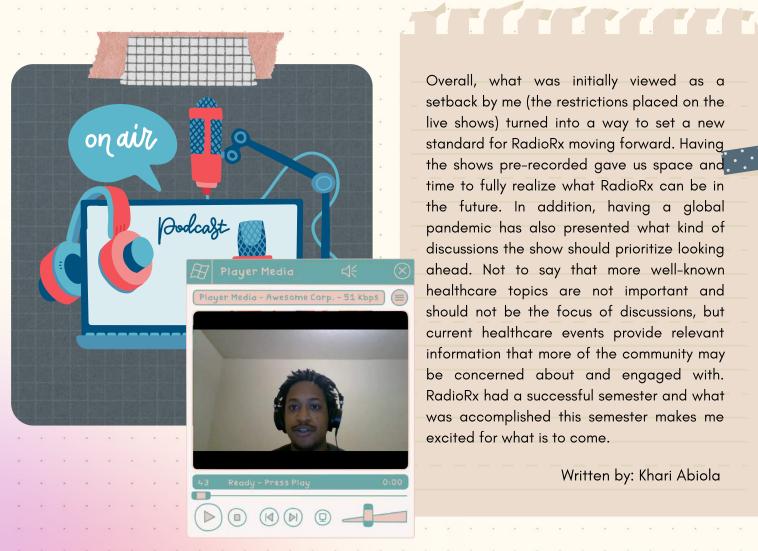
RadioRx is a weekly radio program that is put on by the Alpha lota Chapter of PDC. This radio program airs on 90.5 FM WUOG, which is the student-run radio station on campus at UGA. The format of the program is as follows: A minimum of two hosts discussing a healthcare topic for approximately 30 minutes. Usually, this show would be done through a live broadcast but due to the restrictions placed on Tate Student Center because of COVID-19, it had to be prerecorded. These restrictions limited the potential for on-air interactions from callers but overall did not impact the quality of the show.

This semester, RadioRx was only hosted by Brothers including myself (Khari Abiola), Folarin Akinwekomi, Selma Kajtazovic, Stephen Wu, Kelly Ta, Sophia Lee, Jody Dinh, Kelly Nguyen, Nancy Nguyen, and Parth Patel. Because everyone knew each other, the familiarity allowed the episodes to focus less on finding a footing. In turn, this allowed for higher-quality episodes to be produced and RadioRx's overall goals to be achieved easier.

The primary goal of the show is to inform the community about the healthcare topic of the week in an accessible way. This is mainly accomplished by the hosts providing researched commentary and insight into the specific topic at hand. The secondary goal of the show is to provide a unique way for student pharmacists to continue to build their communication skills and gain experience in mass communication.

Covered topics ranged from more well-known/accessible healthcare topics such as Diabetes to more niche topics like Orphan Drugs. The topic, discussed this semester, that best embodied what the show aims to accomplish, is the topic of the COVID-19 vaccine. This topic was the focus of the show four times this semester. Initially, (I was and am a consistent host on the show) I had intended for this topic to only appear, at most, twice this semester but through the interest expressed by the hosts and the necessity of discussion about the vaccine, it quickly became a recurring topic. I even had a Brother (Jody Dinh) come to me with her research already done for the AstraZeneca vaccine and helped create probably the best episode of the semester.

The vaccine episodes best embodied RadioRx because, on one hand, it provided the community with relevant up-to-date information about the developments in the COVID-19 vaccines. On the other hand, it had Brothers doing more thorough research and preparation for the topic and having them find a way to present the information in an accessible fashion for the greater community because the topic was so new.



Overall, what was initially viewed as a setback by me (the restrictions placed on the live shows) turned into a way to set a new standard for RadioRx moving forward. Having the shows pre-recorded gave us space and time to fully realize what RadioRx can be in the future. In addition, having a global pandemic has also presented what kind of discussions the show should prioritize looking ahead. Not to say that more well-known healthcare topics are not important and should not be the focus of discussions, but current healthcare events provide relevant information that more of the community may be concerned about and engaged with. RadioRx had a successful semester and what was accomplished this semester makes me excited for what is to come.

Written by: Khari Abiola





## STst. Jude 15k5 K

The St. Jude 5K Walk/Run is an annual event hosted by the Phi Delta Chi Alpha lota Chapter to raise money for the organization's national philanthropy. During this time of year, preparation is usually dedicated to making inspirational signs for the runners and making landmark signs for the walk itself; however, with the current situation and like everything else, the 5K also needed to adapt to social distancing guidelines. Thankfully, our Philanthropy Chair, Brother Folarin Akinwekomi, was up to the challenge.

Instead of the traditional 5K walk/run where participants all start at the same starting line and end at the same finishing line, participants were asked to complete the 5K challenge in their local neighborhoods and then take a picture to document their participation. In the spirit of this year's theme, "Superheroes Against Cancer," participants were also asked to dress up as superheroes for this theme.

Written by: Nancy Nguyen

On the chilly Saturday morning of the event, the dropping temperatures did little to deter the dedicated Brothers who set out that morning to dedicated Brothers who set out that morning to safely complete the 5K walk/run in the comfort safely complete the 5K walk/run in the comfort safely complete the 5K walk/run in the comfort safely complete of their own neighborhoods. Some Brothers of their own neighborhoods chose to take laps around their neighborhoods while other Brothers chose instead to complete while other Brothers chose instead to complete while other Brothers chose instead to complete the 5K at a nearby park, or even a hiking trail for the added challenge. On Instagram, Brothers the added challenge. On Instagram, Brothers proudly showed off their high energy and spirits proudly showed off their high energy and spirits in spite of the chilly weather with pictures of in spite of the chilly weather with pictures of optimistic smiles as they set off on their optimistic smiles as they set off on their respective 5K walks or runs.





# SHOWUS YOUR MOVES

As the philanthropy chair, the spring semester brings many exciting opportunities to raise money to support our community. A particularly notable organization that PDC had the chance to support was UGA Miracle, which benefits Children's Healthcare of Atlanta. Due to the pandemic, it was difficult coming up with ideas to help raise money. Aside from the typical t-shirt or bake sales, I was stumped at first on finding ways to raise money. The idea to use Tik Tok to fundraise came from our very own faculty advisor, Dr. William Huang. During recitation, Dr. Huang started a conversation about how versatile and interesting Tik Tok dances were, and many students expressed about how versatile and interesting Tik Tok dances were, and many students expressed their perpetual engagement in the app. Thus, the Phi Delta Chi "Show Us Your Moves" fundraiser was born.

Dr. Huang was gracious enough to lend us his dance moves as a selling point for our fundraiser. Each student would vote for which dance they wanted to see him do by donating one dollar or more. Many participants voted for the "Say So" dance, but "Renegade" took the lead and won! He has taken the last few weeks of this semester to fully learn the dance and will be sharing these cool moves with us very soon. Hopefully, we will be able to see more dances from him in the future!

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In the end, we were able to raise \$118 with the help of Dr. Huang and the College of Pharmacy! This fundraiser was something different that PDC was able to use to raise money, and I hope to continue to come up with more innovative fundraisers in the future!

Written by: Kelly Nguyen



First Recruitment Event:

# TRIVIA NIGHT



Drastic times call for drastic measures. Heading into the resolution of summer, the Alpha lota Chapter of Phi Delta Chi sought to replenish their ranks. With the ongoing pandemic, the primary methods of interaction had to move to a virtual format. However, the Chapter couldn't be dismayed. Many potential Candidates were ripe for recruiting, and thus, the Chapter held their first rush event online. The event consisted of a few different parts, where teams competed to see who would be on top by the end of the night. The first part was a general welcome and introduction of what Phi Delta Chi is all about. Our fabulous Worthy Master-of-Arms and Worthy Inner-Guard led this introduction and then split up both the attending Brothers and Candidates into separate breakout rooms. These rooms served as different teams throughout the event. First, the Candidates and Brothers got to know each other through small ice-breakers and then rejoined the main group to do a trivia contest to earn points. Next, the Brothers and Candidates played Scattergories to earn more points. At the conclusion of the games, points were tallied up to determine the winning team. Throughout the night, the different Candidates and Brothers got to know each other by working as a team in Scattergories or boosting the morale of their team members in the trivia contest. It was a good night for the Alpha lota Chapter of Phi Delta Chi. The Chapter was allowed to be introduced through an unusual format for recruitment, but Candidates and Brothers alike appreciated a break from the hectic world of pharmacy school.

Written by: Nikhil Bhatia

## Kahoot!

#### Which two U.S. states don't observe Daylight Saving Time?

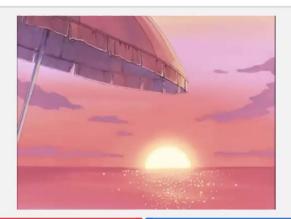


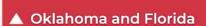












Antarctica and New Zealand

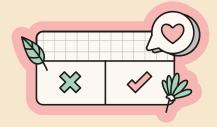
Arizona and Hawaii

■ Pluto and Arkansas

Game joining: 🔓 open

kahoot.it Game PIN: 26172







Second Recruitment Event:

# GAME & SOCIAL N game & social night

One of the concerns with recruitment during a period of social distancing is figuring out what kind of events are best for engaging both Brothers and potential recruits. Fortunately, our creative Brothers James Park (WIG) and Carolyn Vu (WMA) have been hard at work finding different and exciting ways to work with the social distancing guidelines and planning recruitment events that everyone would enjoy! For our second rush event, the Alpha lota Chapter held an online game night! The games played were those that have proved popular during quarantine including Among Us, Skribbl, Code Names, and Jackbox. The event took place over Zoom and Brothers were split into different breakout rooms for each game, and the recruits moved to each breakout session to play games.



My room hosted the game Among Us, and even as a beginner of the game, Brother Natalie Ung, did a great job explaining the rules not only to the Brothers who were new to the game but also, the recruits who were new as well! Each round of the game quickly got heated as everyone scrambled to find out who the imposter was. Fingers were pointed. Accusations were made. Both crewmates and imposters alike were ejected from the game. Brothers and recruits alike both became so absorbed into the game that we didn't notice how much time had passed until announcements were made to switch rooms.

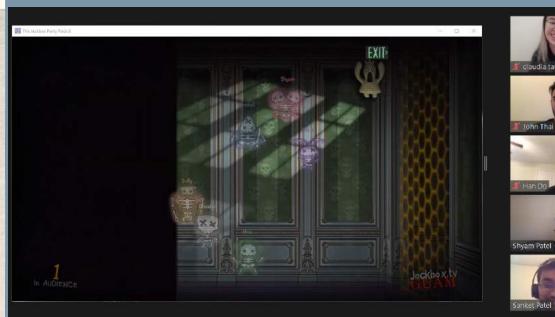
Not only did everyone have fun and get to know each other better, but now I'm also aware of people's abilities to have unbreakable poker faces while lying about being the imposter.

Written by: Nancy Nguyen



## September

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It's okay to take a break!

#### Third Recruitment Event:

# PROFESSIONAL PANEL professional panel



To comply with social distancing rules, only a number of Brothers were in person at the event. The event began with a Zoom meeting between the recruits and Brothers who were not physically present. Next, the recruits were divided into three groups, rotating between the three rooms where different groups of Brothers were in. I was in a room with Brothers Lydia, Claudia, Sally, John, and Adam. While interacting with the Pls, I asked some of them what made PDC appealing to them. Most of them stated that the Brothers' camaraderie and friendliness made them feel welcome and also showed a sense of closeness between the Brothers.

Traditionally, our third recruitment event has been a cookout, during which Brothers and recruits gather at a park in Athens to enjoy BBQ foods while getting to know one another. However, to keep our Brothers and recruits safe during this pandemic, our WMA Carolyn and WIG James had to be innovative and plan a different event, a professional panel. While the first two rush events were virtual, the professional panel was a more interactive, in-person event. For me, this interaction with the recruits was refreshing because it was more personal than talking to an entire group of people over cameras.

One person said that they were drawn by the recruitment video that Brother Sally had prepared for Boot Camp, which is also one of the reasons that I was interested in joining PDC! I also learned a few interesting facts about the PIs that I talked to; for example, Kelly Ta grew up in Vietnam, and Sanket is in Brother Jeff's frisbee league at UGA!

Overall, I had a good impression of the recruits from this interaction. I'm looking forward to seeing what they bring to PDC as Candidates and potentially as Brothers!



## CANDIDATE SOCIAL EVENT social event



Greek food and a Spiderman blanket were all that was needed to bring the Candidates and Brothers closer together. Figuratively - not physically, because we're in a pandemic, you physically, because we're in a pandemic, you know? Our class president, Candidate Shyam know? Our class president, Candidate Judy Kim, Patel, and treasurer, Candidate Judy Kim, coordinated a social event that started with Candidates judging the Brothers' very own Candidates judging the Brothers' very own rendition of "The Drinking Song," and ended with a game of telephone.

Prior to the games, Candidates and Brothers gathered around to eat Greek salad, balsamic chicken pasta, and pita and to talk about our recent immunology exam with Dr. Momany and our upcoming pharmacology exam with Dr. Our upcoming pharmacology exam with Dr. Greenspan. At that moment, there was a sense of shared despair that could only have strengthened our bond.

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The festivities really ramped up during the "Blanket game of Name" Candidates and Brothers battled to see if we knew each other's names. It was only a slighted weathered Spiderman worn, blanket that kept us concealed from the eye of the opposing team. As the blanket was released, the person who shouted the name of the opponent first would gain a for their team. The Brothers demolished us in this challenge, but we were able to regain confidence during the game of telephone. During this game, a phrase was given to each team that had to be acted out and sent down the line for the last person to guess the phrase.

Overall, this social event further fostered our bonds with the Brothers and exemplified how the Alpha lota Chapter is able to foster and promote a fraternal spirit among its members – even during a pandemic.

Written by: Kelly Nguyen

## CANDIDATE SERVICE EVENT



Some people may start their mornings with a "venti this" or a "grande that", but on Friday of October 23rd, the PDC Alpha lota Chapter's Candidate Class of 2020 started their morning with a full bag of trash and good conversation. Candidates Shyam Patel and Judy Kim organized our service event which gave us the opportunity to beautify a small portion of Athens, help the environment, and bond with our fellow Candidates.

While waiting for everyone's arrival, we exchanged our guesses as to who we thought would be our respective Big Brothers after a week of hints, bad poker faces, and pure anticipation. All of us donned our gloves and masks and set out with the goal of filling our garbage bag with any litter that dared cross our paths. During the event, we all worked together to collect abandoned garbage from Phi Delta



Chi's designated Adopt-a-Highway portion of Timothy Road. Our group of fourteen sought to keep an adequate social distance while enjoying the cool morning air. At any time, you could catch a glimpse of one of us seeking out Kelly Nguyen who carried the bag on the first half of the walk or hear a word of Sanket Patel describing the places he has lived.

There is something about waking up before 8:00 A.M. that brings you closer together as a Candidate Class. Whether it was getting to know each other, feeling more environmentally responsible, or hitting 10,000 steps before noon, we were all able to accomplish something significant that morning.

Written by: Matisse Murphy



# BIG/LITTLE REVEAL

### CANDIDATES AND THEIR BIGS



### LOVELY CANDIDATES!



Every year, new Candidates come wishing to take part in our Brotherhood. However, pharmacy school comes with many hardships. Therefore, it is best to have a Brother to guide a Candidate through the difficulties of school, as well as teaching our ways to the Candidates. After spending weeks of interviews and meeting new faces, Candidates and Brothers alike are paired together based on similarities. Our Chapter hosts an event called "Big/Little Reveal" which takes place around halfway through the candidacy process. The event is put together by our WMA and WIG who are in charge of membership each year. At this event, the Candidates were able to formally have a special bond with their Big, who will help them throughout pharmacy However, if only it was as easy as telling the Littles who their Bigs are! We like to throw a twist into this experience by making it more interactive and engaging. The way we do this is by setting up various stations that have different challenges. We divide the Candidates into smaller groups in order for them to work together to overcome these obstacles. If the group wins the game, then they will receive a slip of paper with a hint as to which gift bag is theirs. These numbers corresponded to a seat in the room. Each of the seats has a bag on them that contains gifts for the Littles from their Bigs. Once all the games were successfully completed and all of the hints were given out, the Littles went to

their designated seat and dug through their gift bags to find a hint to their Bigs! In each

bag, there is a polaroid picture of someone who will be very dear to them! However, let's not forget that the Brothers have also been anxiously waiting to tell their Little the news. So there is always that magical feeling when the two run to each other so they can share this joyous time together!

This has been a fun and highly. anticipated event as it has been every year. However, this year posed a lot of new challenges due to the COVID-19 safety guidelines regarding close personal contact. We wanted to still have this event but also make it as safe as possible. Our WMA and WIG, Brothers Carolyn and James, worked hard to make this event run smoothly and safely. Everyone wore masks and maintained a safe distance from one another, and everything was sanitized prior to the beginning. We reduced the number of games, allowing for more control of what was going on and kept everyone separated. The games we had this year included: two stations where they were asking PDC trivia, a station where Candidates sang "The Drinking Song," and a water bottle flipping station just for fun. We shared a lot of laughs at every station; however, we had even more fun at the water bottle station (since one of the water bottles busted and ended up drenching me in the middle of the game). It was a great way to enjoy some fun times with the Candidates before everyone was able to see the Big and Little pairings!

Written by: Parth Patel

# candidate's perspective

Going into the Big/Little Reveal, I did not know what to expect. I genuinely had no idea who my Big was, but I was so excited to find out. As the Candidates stood outside, we kept seeing all the Brothers walk in and out carrying presents. We were all so excited to meet our Bigs and do something in person. Brothers Carolyn and James came out and had us stand in a line and then counted us off. At this point, I was really unsure what to expect. When we got into the room, we split into our groups. I was in a group with Shyam and Sanket and then we were sent to different stations. My group's first station was "The Drinking Song." We surprisingly remembered it pretty well, but we had to keep singing it louder and louder. The next two stations were answering questions about the Brothers and the history of PDC. The final station for my group was the bottle flipping challenge, which I am absolutely horrible at. After the stations, we sat down in our respective seats. Then, all at once, we were told to open our gifts and look for a Polaroid of our Bigs. All the Brothers were standing around the Candidates as people were opening their gifts. I was having such a hard time finding my photo that Christopher Le had to come to help me. I finally found out who my Big was - Selma Kajtazovic! She is actually in the Savannah campus, but she pre-recorded the sweetest video for me. Chris Le, my grandbig, was there so he was able to be with me for my Big/Little Reveal. Overall, Big/Little Reveal was awesome. I had so much fun at all the stations and it was good seeing Brothers and Candidates in person.

## October

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Written by: Natalie Keohane





# PADDLE EXCHANGE

The Phi Delta Chi Alpha Iota Chapter Paddle Exchange took place on November 14, 2020. The paddles are part of the Chapter's long-running tradition. They serve as timeless keepsakes that symbolize Brotherhood and are given to Bigs as gifts. Each paddle exchange that took place was followed by a name reveal. After the Littles shared their paddle designs and revealed the significance of the different elements of their paddles, their Bigs then revealed the pledge names for the Littles and told stories about what inspired them to choose those names.

Every Little discussed the process of paddle crafting and how they tried to include elements that reflected their Bigs in the paddle. All of the designs were very colorful and creative. For my paddle, I chose light pink as the main color scheme as my Big likes pastel colors and we both wore pink on the day of the Big and Little Reveal. I added white flowers and pearls since they reminded me of my Big. I also chose to include my Big's full name because I wanted to make my paddle more personal and special. My Big revealed my pledge name which is "Nemo" and I absolutely love it. The Paddle Exchange was a truly memorable night to me and I am so thrilled to be a step closer to becoming a part of the Brotherhood.









## SUMMER RETREAT

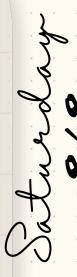
Traveling, friends, restaurants, fun. Long ago, the four aspects of summer lived together in harmony. Then, everything changed when COVID-19 attacked. Only wearing masks and social distancing could stop it, but when the world needed it the most, it vanished. A couple of months had passed and PDC had found a new way to enjoy summer retreat, an application called Zoom. And although its features are great, it has a lot to improve on before it can save our education. But we believed Zoom could save our retreats.

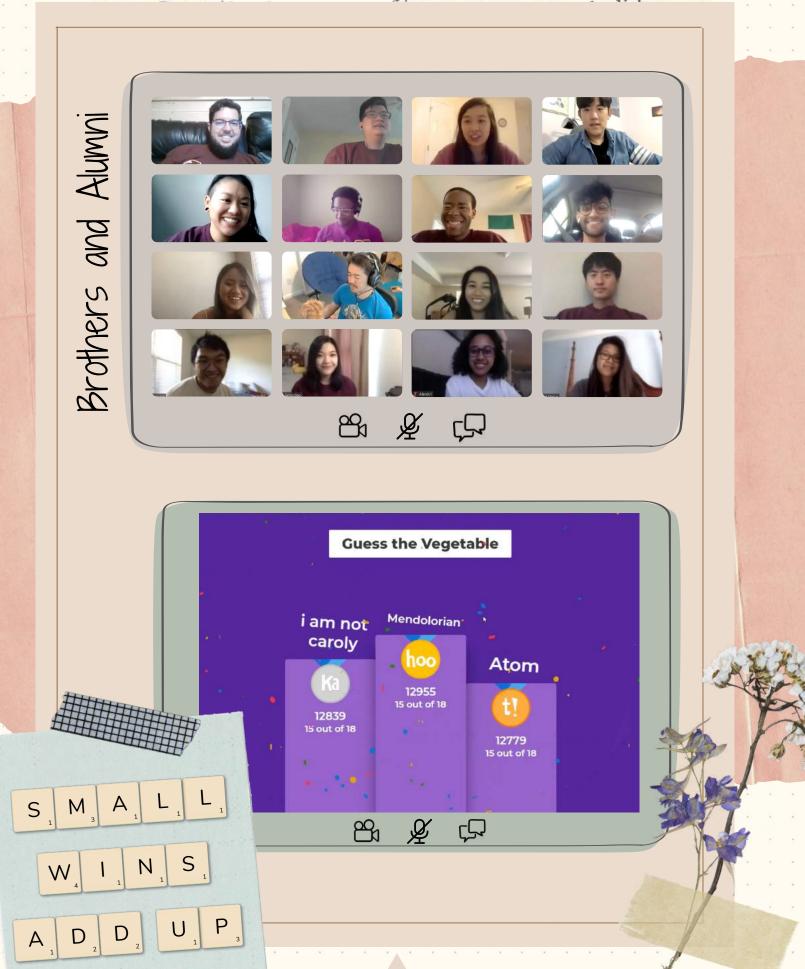
Jokes aside, the Alpha lota Chapter had to face a great challenge on how to proceed with the summer retreat. COVID-19 cases were peaking greater than ever, and the safety of the Brothers was at the utmost priority. However, through the skillful and creative thinking of WCC Lydia Lee and WVC Stephen Wu, the Alpha lota Chapter was able to have a successful online retreat on Zoom. The online retreat was scheduled with engaging Brotherhood activities such as Kahoot, Guess the Song, and Pictionary. While Brothers have never been so far apart before for a retreat, the sounds of joy and laughter could be heard miles away from each other. The sounds of laughter were heard so far away that even a couple of Alumni joined them in the online environment. Brothers received valuable guidance and wisdom as usual from the Alumni.

Afterward, the Brothers had committee presentations and budget proposals as they prepared to face the enormous task of planning around a pandemic, which was unheard of for the Alpha lota Chapter. However, with a very capable executive board and leaders within the Chapter, everything felt like it

would fall into place. As the retreat ended, Brothers smiled and waved one last time. It had been months since they last saw each other due to the pandemic. However, everyone left with a full smile and a hopeful heart as the Chapter moved into the fall semester.

Written by: Adam Le

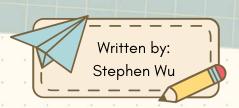


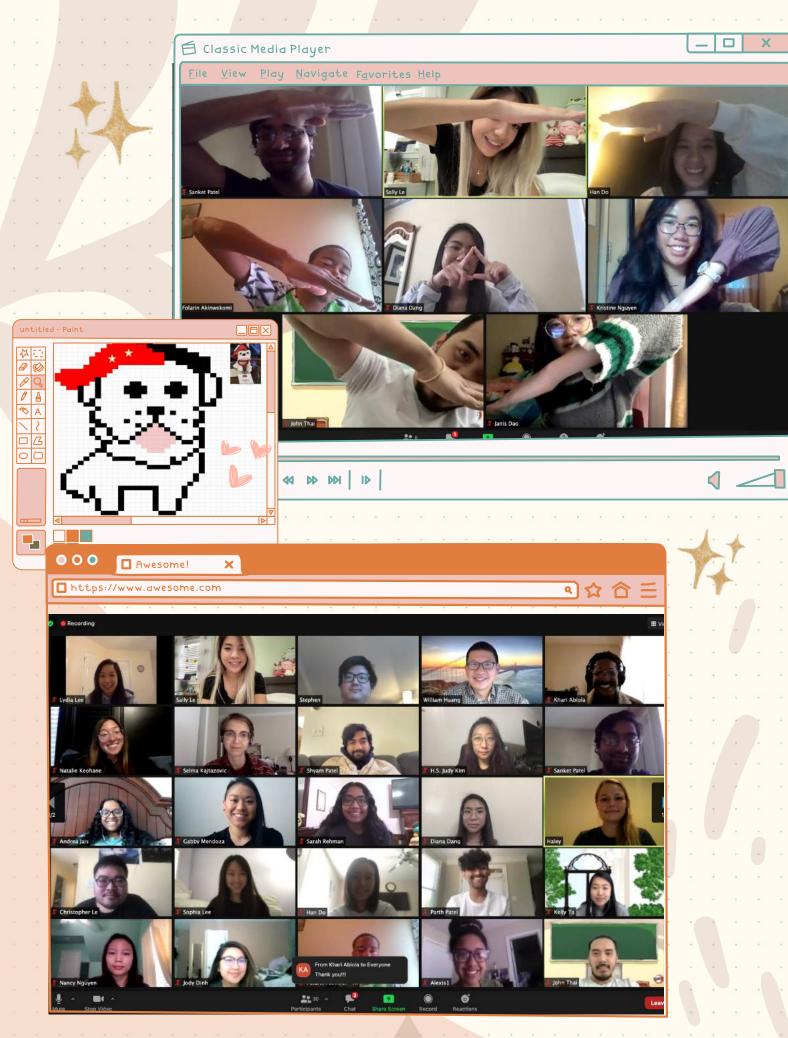


# WINTER RETREAT

While the winter retreat traditionally has the Alpha lota Brothers all preparing for our annual trip up to Ellijay, Georgia in the mountains, the Alpha lota Chapter had to celebrate a little differently due to the COVID-19 pandemic this year. It was decided that as a Chapter that we were going to hold a virtual winter retreat instead of an in-person retreat to keep Brothers safe. The annual winter retreat provides an important time for Brothers to help plan for the upcoming semester. WCC Lydia Lee took charge at the beginning going over the different policies the College of Pharmacy had put into effect that may affect the fraternity and gave a breakdown of what the retreat would look like. This was followed by Brothers separating into the seven different committees led by newly elected chairs and different worthies. Many of the new chairs were NIBs who had new ideas that they wanted to bring into the fraternity. NIBs such as Brother Kelly Ta brought innovative new fundraising ideas to help support the fraternity. Similarly, our Prof/Serv Chairs, Brothers Sophia and Khari, wanted to revive holding monthly journal clubs. Brothers in their breakout rooms spent time meticulously planning and preparing for the presentation at the end of this retreat. After the committee meetings, Brothers took a break to have lunch but met up again to have one of our most anticipated events, speaking with the alumni. For this year's winter retreat, we had three special guests, Alumni Brothers William Huang, Bernard Hsia, and Haley Rea. The Alumni Brothers were able to answer questions from current Brothers about what it was like transitioning out of school, applying for residency, and much more. After speaking with the alumni, WCC Lydia Lee and WVC Stephen Wu, lead the Chapter in a slew of Brotherhood games that brought Brothers closer together. We ended the retreat with presentations from each committee, so the whole Chapter would be able to give feedback on what each committee wanted to accomplish this semester. While, unlike other years when Brothers met up in Ellijay, Georgia, the Winter Retreat of 2021 was held virtually this year, the spirit of all being together was not forgotten.







VIRTUAL TAILGATE

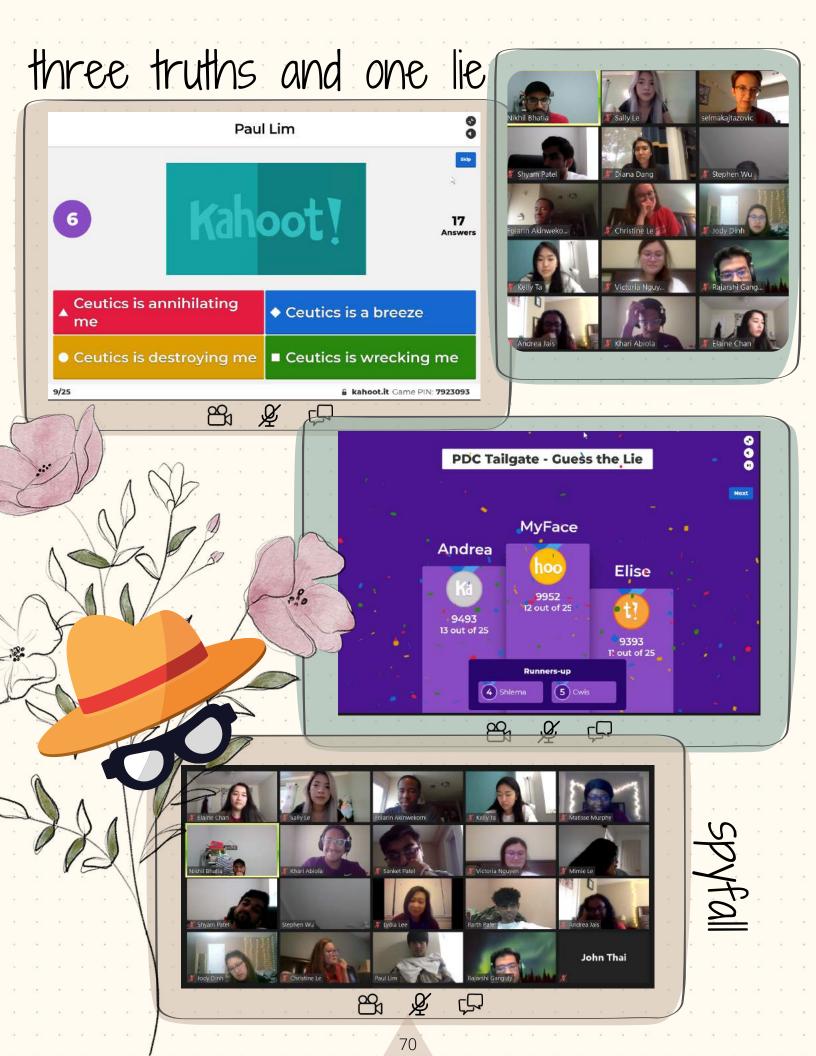
As a student who has been at UGA for the past four years, tailgating is a common occurrence during home games. It usually starts early on Saturday mornings with the sounds of laughter and the smack of the bean bags on the corn holes yet this tailgate differed slightly. In the most 2020 fashion, the Alpha lota Chapter Brothers and Candidates gathered by their computers to have a virtual tailgate through Zoom. Social Chairs, Brothers Nikhil and Connor, did an amazing job planning and setting up ways to keep all Brothers and Candidates entertained and involved in this digital tailgate. Brother Nikhil opened it up with a game of Kahoot! with three truths and one lie to help break the ice and to help Brothers and Candidates to know each other better.



We then transitioned into a more intimate setting with Brothers and Candidates breaking off into smaller groups to speak and get to know each other on a more individual basis. We like to incorporate activities that give more one-on-one interactions in our events because as a Chapter, we feel that it is important to build strong Brotherhood connections. While this differed from our traditional in-person tailgate, I think we were able to capture the same spirit of Brothers and Candidates coming together and bonding through this digital medium event. We finished off the event with a group game of Spyfall that ended up with the spy team winning, but overall, the event was a success and all the Brothers and Candidates were able to get to know each other better.

Written by: Stephen Wu

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## MEAT FEST meat fest

What is a festival? Is it made up of loud People of all kinds coming music? together? No, the answer to what makes a festival is the FOOD. Through the diligent efforts of Brother Nikhil and Brother Connor, our annual Meat Fest was able to happen. Meat Fest is a wonderful social event that brings together Candidates and Brothers alike through something that everyone loves, food. We feasted upon catered BBQ while still being diligent on the diets of our Brothers as well as Candidates and while following social distancing guidelines. It was an opportunity to show the Candidates how the Alpha lota Chapter is a professional group that also knows how to have a great time. It was an event where new bonds were forming from every interaction. Everywhere you looked, you could have seen joyous bonds such as

Brother Paul playing frisbee with the Candidates and even Brothers Claudia and Han shining their wisdom on the first-year pharmacy students. The laughter might have been muffled by the masks but it was hearty nevertheless. The laughter filled the whole park that it even made bystanders curious as to what was happening. After everyone had their share of food, the Candidates sang "The Drinking Song" to all of the Brothers. The harmony between them was magnificent and the applause rained down on them as they finished. As the event ended, people said their farewells and parted on full stomachs along with memories that they can cherish throughout their time in pharmacy school.

Written by: Adam Le





## October

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eat your heart out



## GAME & SOCIAL NIGHT game & Social night

While many of our Brothers have hobbies rooted in various types of gaming, even the complete novice had plenty of opportunities to enjoy the Game and Social Night hosted by the Social Committee. As Brothers were slowly logging in to the Zoom call, Brother Shyam posted a short poll that asked us to vote on which game we would like to play first. He made sure to briefly explain the premise of each game on the list before the voting began. While there were three options to choose from, the overwhelming vote went to an online-based game called "skribbl.io." Being quite reminiscent of the tablet-top board game by the name of "Pictureka," Brothers quickly caught on to the rules of the game. All players would be in one "lobby" room and each Brother would take turns drawing a picture using their computer pad for everyone to guess. Players earned points for how quickly and accurately they guessed the word that the illustration represented.

For a while, I personally held the number 1 spot! It was so much fun watching Brothers get difficult words at times and occasionally struggle with creating an image that even remotely resembles their chosen word. Words or phrases could range from easy, simple objects such as "apple" or "sun" to more abstract terms such as "gravity" or "conversation." It was a great way for some Brothers to show off their competitive side while having a great time being creative and making light discussions. These events have become a staple for our Chapter as well as many others for their incredible versatility and ease of access during our prolonged times indoors.

Written by: Selma Kajtazovic





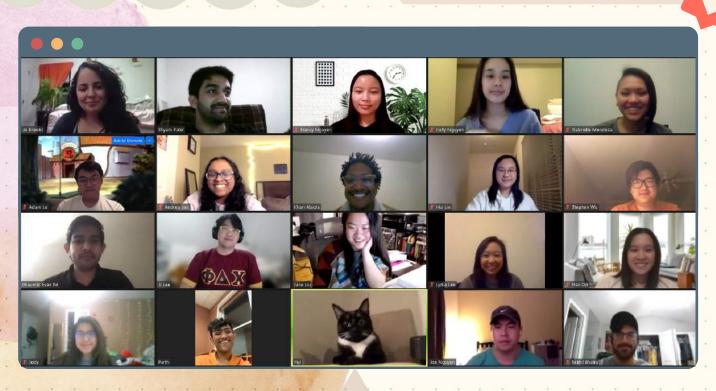






### MEET YOUR UPPERCLASSMEN upperclassmen

The pandemic has caused many issues with meeting people. As a result, many first-year students have felt like they haven't had much of a chance to meet with their upperclassman. However, for the first-year Brothers of the Alpha Iota Chapter, there was a chance for them! The virtual event was called "Meet Your Upperclassman," where one could learn more about pharmacy school, receive advice, and develop a closer relationship with our upperclassman Brothers. The Brothers gathered in various breakout rooms on Zoom, had interesting discussions, and gave advice to each other. The rooms rotated every ten minutes, so there was always variety in each room! The event was joyous with interesting questions to help guide conversations. For example, the ageold question, "Does pineapple belong on pizza," was brought up at one point. There was even a point in the event where everyone showed each other their adorable pets and tricks that they could do. The excitement was so great that even P4s joined in on the festivities. The P4s shared their experiences about their rotation, how exhausted they were all the time, and their thoughts on certain sites. It was certainly wonderful seeing the P4s again and their humor always makes conversations more lively. The upperclassman started joking about how old they were becoming and sarcastically asked, "how many more years



until we can calculate our ASCVD risk?" Even for P2s who have known the upperclassman already, it was still a valuable event. They were able to learn more about P3 years and received more insight on the seminar that they would have to present in the future. Pls were able to learn many things about their upcoming second year such as arduous classes like Pharmacotherapy and Pharmacokinetics. The spunk of the first-year Brothers combined with the friendly banter of the fourth-year Brothers has made the whole event enjoyable. The event lasted for hours as the laughter seemingly never ceased. At the end of the event, the Brothers bid each other farewell and had a better understanding of not only pharmacy school, but a deeper appreciation and connection to their upperclassman. Events this year have been difficult to plan since a majority of school has gone virtual. However, this event was definitely one to remember, and it was only possible because of the hard work of our Social Chairs, Brothers Shyam and Nikhil.



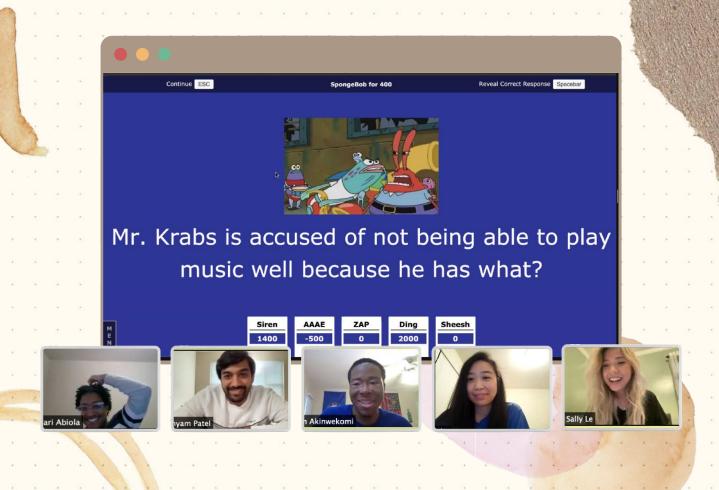
# JEOPARDY NIGHT

The last event of the school year that Brother Nikhil and I planned was a Jeopardy night. We were having issues getting an in-person event approved and we weren't sure who was and wasn't okay with having an in-person event, so to give everyone the option of coming and hanging out one last time, we finally decided an online format would be the best choice. This would also allow some off-campus Brothers and P4s to join us, which led to an amazing turnout. We kept the same format of the game, except we split the Brothers into groups and we spaced the award ceremony in-between each round of the game. In terms of planning, we wanted to keep everyone engaged so we chose to keep the categories to topics that most of our Brothers would be familiar with. For example, one category was well-known quotes from Vine and another was facts about Brothers. Topics that everyone could at least participate in.

In this version of Jeopardy, the final portion was a bit different. Little did the Brothers know, I had already planned the rest of the night for everyone. The last round of Jeopardy was for me to have a laugh along with everyone who helped me plan the event. I had created a picture beforehand that Nikhil had never seen before, It was incredibly complex and random. Not only that but he had to verbally describe the picture to everyone through Zoom for them to recreate the description to the best of their ability. As with many games, he was on a timer and I was assigned as the judge to determine which team was close enough to win points. Overall, it was a great way to finish off the semester with joy and laughter.

Written by: Shyam Patel













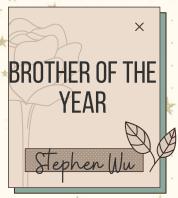






# award ceremony.





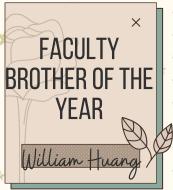
















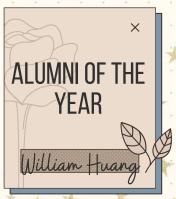
























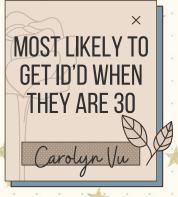








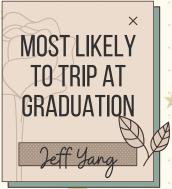














### CONGRATS, P4S!



#### **JO BROOKS**

I will be completing my

PGY-I residency at

Emory Decatur!







#### PHUNG DUONG



What are your plans now:



I will be a Full-Time

Pharmacist at

Integrity Compounding

Pharmacy in Sandy

Springs, GA!

Congratulations!

#### **SEUNGWON JANG**

I will be working at Publix Pharmacy in ATL!







#### **BHAUMIK JIVAN**





I will be headed to Gainesville, Florida to complete a PGY-I Residency at the North Florida/South Georgia Veteran's Health System.

Congratulations!

#### **HYE LIM JUNG**

I will be completing a

PGYI Residency at

Prisma Health Upstate,

Greenville, SC

(starting end of June)!

Ahat are your plans now?

Congratulation





#### **JULIA KIM**





I am starting my PGYI at Charlie Norwood VA in Augusta, GA.

Congratulation

# what are your plans now:

I am excited to start my
career as a PGY-I
resident at James A.
Haley Veterans' Hospital
(aka Tampa VA) in Tampa,
FL! Until the beginning
of residency, I will be
focusing on studying for
NAPLEX and MPJE.

Congratulation





#### JJ LEE





I am looking forward to working for Publix in Charleston, SC!

Congratulations!

#### YEJI LEE

I will be doing a PGYI residency in Connecticut at Waterbury Hospital starting July!







#### **RACHEL LEONG**





I will be completing a
Nutrition Support
Fellowship at Emory
University Hospital



#### **HUI LIN**

I am starting my PGYI
Acute Care Residency at
AU Medical Center in
Augusta, GA!

What are your plans now







#### JANE LIU





I'll be working for Publix~



# Ahat alle your plans now

Upon licensing, I will be
employed as a staff
pharmacist with Kroger
Pharmacy. Brother Josh
Jang and I are moving in
together, and we plan to
pool together and put
100% of our take-home pay
into alternative
cryptocurrencies.





#### ZHENNI REN





After graduating, I Would like to accept a job offer!

Congratulations!





# CARE PACKAGES



thoughtful care packages for our graduating P4s.

# ZOOM MEETING WITH ALUMNI BROTHERS

On Sunday, October 25th at 2:00 P.M., our Chapter hosted a virtual professional event with Brothers Michael Posey and Ralph Saroyan, two well-known Alumni Brothers, to discuss about the progress of the Chapter over the years and the impact of the COVID-19 pandemic on recruitment and other Chapter activities. Michael Posey is an Alumni Brother from our Chapter and Ralph Saroyan is an Alumni Brother from the Alpha Psi Chapter at the University of the Pacific. Brother Saroyan is recognized by many as the 25th Grand President of the Fraternity from 1981-1989, the longest-serving President in the history of the Fraternity.

The meeting kicked off with Brothers Posey and Saroyan asking what executive positions we held in the Chapter and our respective responsibilities. I talked about our Chapter's annual St. Jude 5K Walk/Run which would be going virtual this year and they both stated that they would love to participate in our virtual walk/run; this was very exciting to see Alumni Brothers as well known as Brother Posey and Saroyan participate in our Chapter events. They were very welcoming and brought a calming atmosphere to the meeting by sharing anecdotes from their time in pharmacy school. This made the meeting

feel very personal and engaging. In continuation, we discussed how the pandemic has served as a hurdle for the Fraternity in the recruitment process; it has forced us to convert most of our traditional in-person events to virtual formats to slow the spread. However, this has allowed us to critically think of new ways to entice pharmacy students to join our Brotherhood. A major advantage of the virtual events is that it has allowed more Brothers at distant and Alumni campuses Brothers participate in Chapter activities from the comfort of their home. In addition, we talked about our interactions with our buddy Chapter, Alpha Rho at Mercer University, and how we have shared ideas that could help one another in these uncertain times. Brother Saroyan and Posey both kindly shared some words of encouragement to keep us motivated during these times.

Lastly, Brother Ralph Saroyan praised our Fraternity Chapter for placing a major emphasis on leadership development due to the large involvement of the Brothers in leadership positions outside of the Fraternity; the other Fraternity Chapters at our school have leadership opportunities but not much is said about leadership development.

Overall, the meeting with Brother Saroyan and Posey was an enlightening and stress-free event that provided us with new ideas on how to run and improve the Chapter and commended us on the work we have done so far this semester despite the pandemic limiting our resources and options. This event was the first of its kind in our Chapter and I would love for this event to take place on a yearly basis.



Written by: Folarin Akinwekomi



Alumni Brothers Ralph Saroyan and Michael

Posey!





## ALUMNI LUNGHEON

Every year during the Spring semester, the Alpha Iota Chapter holds an Alumni Luncheon to connect with the Alpha lota Alumni Chapter. Traditionally, this is a good way for Brothers to catch up with Alumni, but this year we were unsure if we were even able to hold this event. Many events this year had to be canceled due to COVID-19 restrictions. Thankfully, we were able to carry out this event with some safety measures in place such as wearing masks and receiving the vaccinations. Our Worthy Alumni Liaison, Alexis, was able to plan the event at Starland Pizza in downtown Athens on March 18th. We had ten Brothers show up this time around, many of which came from the Augusta campus and one Alumni Brother attended. This event was a breath of fresh air into our digital semester. Brothers from distant campuses usually visit the main Athens campus throughout the school year, but the pandemic made it very difficult to visit the different campuses. It was quite refreshing to see so many distant campus Brothers at an in-person event. Unfortunately, the COVID-19 pandemic has restricted many of our alumni from coming to Athens, but one Alumni Brother was able to join us. During this event, Brothers were given valuable advice from our Alumni Dr. Huang while enjoying some good pizza. We discussed several different topics with Dr. Huang such as his path to becoming a faculty member at the University of Georgia College of Pharmacy and the different career paths in the field of pharmacy.

Afterward, Brothers went to get boba tea at Ding Tea which is also located in downtown Athens. During this time, P4 Brothers shared unique experiences that they had during their rotations and spoke about their experiences during residency interviews. It was amazing to be able to meet up in person and discuss all the amazingly different things that our Brothers have accomplished in this pandemic time. Overall, the event went quite well as Brothers were able to catch up with each other during this socially distant hybrid semester. We are always grateful to our Alumni Alpha Iota Chapter for always being willing to work with our Chapter and giving us wonderful advice. It really shows their dedication to our motto "Alterum Alterius Auxilio Eget" meaning "each needs the help of the other" and showing their commitment to remaining Brothers for life.

Written by: Stephen Wu

#### March

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# AL UMNI UPDÆTES



Alumni Brother Maegan Hall (Candidate Class of 2016) happily married to partner Harrison in June 2020. Also, she will be heading to Franciscan Health in Indianapolis, IN to complete her PGY2 training in Infectious Disease!



Alumni Brother Wen Chen (Candidate Class of 2016) got happily engaged to partner.





Alumni Brother Bernard Hsia completed his PGY2 Pharmacy Informatics Residency in July 2021!





wishing you all everlasting success and happiness

When Dr. Huang joined the College of Pharmacy, he was passionate about growing himself not only as a pharmacist but as a person as well. Dr. Huang joined the Alpha lota Chapter of Phi Delta Chi in the early 2000s and adores the ideals of Phi Delta Chi ever since. Dr. Huang has continued being an active faculty Brother for the Alpha lota by attending numerous events and fundraisers for the Chapter. This includes but is not limited to, attending the Alumni Luncheon, overseeing Journal Club, and showing his dance moves in the UGA Miracle TikTok fundraiser. Dr. Huana returned to the College of Pharmacy in 2020 to share his wisdom with future pharmacists by teaching some of the curriculum offered at the College of Pharmacy. Not only has Dr. Huang proved himself as a mentor to the Brothers of the Alpha lota Chapter, but the diverse student body at the University of Georgia as well.

Dr. Huang joined PDC because of his desire to network in order to potentially further his career. In the words of Dr. Huang, "Pharmacy is a small world, and you never know who can further along with your career, so network as much as you can, and treat every rotation as a job interview." However, Dr. Huang found himself in love with the sense of Brotherhood that the Alpha lota Chapter brings. He loves how everyone is willing to help each other, and how there is a sense of family in PDC. Dr. Huang also mentioned how it's beautiful that after all these years, it's wonderful that these values still hold true.

Dr. Huang holds great pride in the field of pharmacy because of his 15 years of working experience after graduating from the College of Pharmacy. Dr. Huang is always looking to challenge himself by taking on difficult tasks, which is why he has worked for various retail chains over the past 15 years such as; Target Pharmacy, CVS Pharmacy, UGA Health Center, Kroger, and the Cancer Treatment of America. When asked, "If you could go into the past and make any career choices, would you?" Dr. Huang replied, "I wouldn't change anything, I don't regret a single choice in my career, and I am proud of everything I have done in the field of pharmacy." Dr. Huang mentions how UGA College of Pharmacy has prepared him greatly for his work, by emphasizing patient care and educating students on therapeutic guidelines. Because of how highly Dr. Huang holds the College of Pharmacy, he wanted to bring the experience and expertise that he has gained over the past 15 years to the College of Pharmacy and pursued Academia.





In Dr. Huang's personal life, Dr. Huang loves to travel and to sightsee. He is a little saddened by how COVID has limited his travel plans but is looking forward to visiting New York again. Dr. Huang loves to watch tennis which is why he is flying to Manhattan to observe the US Open! When asked, "What advice would you give to pharmacy students?" Dr. Huang stated, "Start networking, take advantage of any opportunity you can in the field of pharmacy because it is very diverse, and that there are lots of different dual degree programs that currently exist, so you should look into what interests you! Make sure to differentiate yourself from the rest of the PHARMDs!"

Written by: Adam Le



# FACULTY SPOTLIGHT

Dr. Rebecca Stone has been a cornerstone in the College of Pharmacy. She joined the Alpha lota Chapter of Phi Delta Chi in 2006, and was given the pledge name, "RED HOT." Her pledge name is very suitable for her since she has become a strong expert in the field of Women's Health. Not only has her expertise impacted the lives of many individuals, but she shares her abundant knowledge with the College of Pharmacy's diverse student body as well. Dr. Stone instructs pharmacy students on topics, such as over-the-counter medications, contraceptive choices, and pharmacotherapy regarding women's health. Dr. Stone has been involved in numerous projects regarding women's health and has been an accomplished individual as well. She has also been very accommodating to Brothers and makes room in her busy schedule so she can always help us. Therefore, we are very proud to have her as our faculty spotlight!

Dr. Stone has not only been a spotlight in women's health, but she has made her mark in the history of Phi Delta Chi as well! Dr. Stone was a Regional Colony Coordinator at the Franklin College of Pharmacy from 2012-2013. Dr. Stone was completing her PGY2 in Illinois, and while she was there for 4 years, she chartered a new chapter. She was friends with Lexie Turner who was a National Officer in Phi Delta Chi. Lexie Turner was a very active individual so she asked Dr. Stone to help get the students organized to start a chapter at the Franklin College of Pharmacy.



"Do more of what you love."





# FACULTY SPOTLIGHT

Dr. Stone did not always have her eyes set on women's health; she originally planned on being a retail pharmacist. However, she kept her mind opened and is now a very accomplished individual in her field. Her practice site is at Mercer Health, and she is a Menopause Practitioner there. Some of her tasks involve menopausal assessments, counseling on proper medication usage, and lifestyle changes/choices. Dr. Stone has great enjoyment in providing this service as she emphasizes, "it's not a disease, it's life and everybody goes through it." She holds great excitement to see what the future holds in this area. One of the projects she has been working on is putting together an analysis observing women in low-income areas getting their prescriptions from subsidized health. Dr. Stone is interested in finding out the wait time of women in low-income areas versus a pharmacist giving that prescription, how a pharmacist is able to improve access to medications, and to overall, observe how to get prescriptions into the hands of women in low-income areas faster and efficiently. Dr. Stone also has been involved in scholarships regarding women's health, such as assessing contraceptives and emergency contraceptives.

Dr. Stone remains a very active individual in not only her work but her life out of work as well! Dr. Stone has a 2-year-old son who she has been teaching how to swim over the summer, and is learning how to be an amazing parent. In her free time, she likes to run and travel to various places. However, COVID has really slowed that down for her, and she really misses seeing her patients as most of her interactions are through the phone now. However, she is excited to see the student body returning to campus and is hoping for a great year! Dr. Stone's advice to students is, "Stay open to all your opportunities and experiences! Try to be engaged in anything that catches your eye, 'cause you never know what you might end up liking!"

Written by: Adam Le





If we can make it through all the unpredictable challenges brought to us by the COVID-I9 pandemic, we can overcome any obstacle. Thanks for reading this edition of The Crucible. I truly wish you all the best on your future endeavors!:)