

The Crucible

A Y E A R O F M E M O R I E S 2 0 1 9 - 2 0 2 0



Phi Delta Chi Alpha Iota

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Words from the "Estitor"

Dear Brothers,

First off, I would like to thank Joe Nguyen for giving me this opportunity to help him put together this year's edition of The Crucible. I am very humbled by the full credit that he has given me for this publication when it truly belongs to him and Chris Le, the 2019-2020 Worthy Prelates. During fall semester, Chris did a wonderful job taking many pictures and gathering the articles for fall events. Drastic times call for drastic measures that ultimately forced Chris to give up this position. However, Joe took over and transitioned quite smoothly despite the pandemic. He took care of gathering spring articles before our semester became virtual and he even started organizing them for this publication. Being an Augusta Brother, Joe couldn't make it to every single event but I noticed that all of us were willing to help him by taking pictures, writing articles, and/or editing those articles for each event. For that, the previous Worthy Prelates and I are genuinely thankful. If it wasn't for you all, this publication wouldn't be possible. With that being said, I truly hope that when you scroll through The Crucible, you'll be reminiscing all the great times we shared together as Brothers.

Sincerely, Sally Le Al 1125



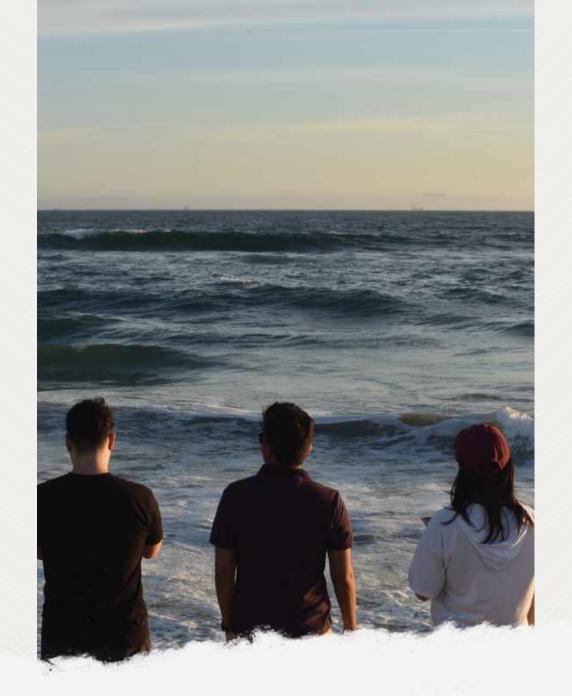


Table of Contents





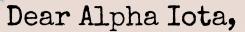












This year has posed several challenges for the Chapter, more than what we bargained for; however, through each moment of adversity, the Chapter persevered thanks to the dedication our Brothers had for each other and to our bonds of Brotherhood. From all the late-night cramming sessions to early morning events, through each triumph and setback, the one constant was finding comfort in each other's encouragement and support.

When we wanted to elevate our philanthropy initiative, our Brothers stepped up to host the Chapter's annual St. Jude 5K Walk/Run in Athens, Georgia. Brother Phung, who was on a satellite campus, took on the new philanthropy leadership position to help relieve burden from the professional and service team, while increasing awareness for our initiative. Despite barriers such as a small team, being on a satellite campus, and schedule changes, months of effort and planning came together on the early morning of November 3rd, 2019, when we raised more than \$2,000 for St. Jude in a single semester compared to raising the same amount over a year previously. The Brothers taught us that with teamwork, we can overcome these challenges and achieve the unachievable.

When we wanted to improve alumni engagement, our Brothers helped reach out to alumni Brothers to come to events and offered opportunities for involvement. Worthy Alumni Liaison Sung Soo created event pages and newsletters to keep alumni updated, and we saw increased attendance at events like our Founder's Day Georgia-Florida Tailgate and Winter Retreat. We even had alumni Sara Miller, who is originally not an Alpha Iota Brother (though we have since adopted her into our Chapter), present as a speaker for our College of Pharmacy! The alumni Brothers taught us what it means to be a leader in pharmacy and to give back to the fraternity.

When striving to recruit a diverse class of candidates, Worthy Master at Arms Natalie, Worthy Inner Guard Josh, and our Brothers worked tirelessly to put on a successful recruitment season, initiating 19 new Brothers. As I watched the new candidate class interact, I saw my own candidate class reflected in them. Some Brothers join for the leadership development opportunities. Some are interested in the programs and service events we hold. Others join in search of making connections in the unfamiliarity of starting pharmacy school. These goals and aspirations are eventually what led us to do what we do and to develop everlasting bonds. Reminiscing our beginnings with Phi Delta Chi showed us just how far we have come – as future pharmacists and as leaders, thanks to the connection we shared as Brothers.

When COVID-19 hit in the spring semester, we were devastated at having to cancel our upcoming events, having the work we had done dissipate, and having lost countless opportunities. To me, however, the Chapter is more than just the events and programs we hold. The Chapter will change, events will change, and traditions may be lost, but at its core, the Chapter is nothing without its Brothers. "When people are protecting something truly precious to them, they truly can become as strong as they need to be." For my fellow anime loving Brothers, you may recognize this quote by Haku in Naruto. Alpha lota may not be the biggest Chapter, and we have our shortcomings. Nonetheless, it is a family and a home away from home. It is because I found people important to me that I could push myself to grow, to be better, and to be a compassionate leader.

That being said, thank you Alpha lota for giving me the opportunity to serve as your WCC. Among the many lessons I have learned, I am most thankful for the connections we have made along the way. As we close one Chapter and start another, I will continue to look forward to the growth of Alpha lota and its Brothers.



2016



Shannon Alexander



Andrea Ampuero



Steve Cho



Josh Choi



Christina Chow



Eti Bong



Amia Ghil



Maegan Hall



Cassandra Henry



Megan Moore



Ezimma Nnyagu



Aneet Patel



Rebecca Phan



Shelly Tau



Ann Truong



Chet Wiseman



Ling Yang

2017



Josh Chao



Daniel Kim



Paul Kwon



Haely Ryu



Jo Brooks "Growing up is highly overrated." - Neil Gaiman



Brea Daniels "Keep your face toward the sunshine and the shadows will fall behind you." - Walt Whitman



Josh Jang
"Weakness of attitude
becomes weakness of
character." - Albert
Einstein



Bhaumik Jivan "Life happens wherever you are, whether you make it or not." - Uncle Iroh



Hye Lim Jung You won't lose unless you give up.



JJ Lee "What a drag." - Shikamaru Nara



Hui Lin
"If comrades that you trust
gather around you, hope
can take physical form and
become visible. That's what
I believe." - Hatake Kakashi



Jane Liu
"I have approximate
knowledge of many things."
- Demon Cat



Joseph Nguyen
"Who am I? What is my true
reason for being? I will find
my own purpose... and
purge this planet of all who
oppose me." - Mewtwo



Shian Williams
"We ain't picture perfect
but we worth the picture
still." - J. Cole



Michelle Anemena #rachelscrew4lvfe



Phung Duong It's not the ride, it's the



Julia Kim "Contrary to popular belief, I know exactly what I'm doing." - Tony Stark



Sung Soo Kim I'm tired of hearing about my tires.



Yeji Lee Proud mama of Blanca. Eunsik, Clementine, and



Rachel Leong #mycrew4lvfe



Zhenni Ren The past cannot be changed. The future is yet in your power.



Narissa Strozier Live for the nights you'll remember with the friends you'll never forget.



Hyun Min Yoo Keep Calm and Mask On



Hanna Yu #rachelscrew4lyfe



Chisom Agim You have to look through the rain to see the rainbow.



Jillian Calderon Pharmacy school was easy. It was like riding a bike. Except the bike was on fire. And the ground was on fire. And everything was on fire. Because it was Hell.



Han Do Lexicomp is my new Google.



Busola Fowowe "Kid, you'll move mountains." - Dr.Suess



Christopher Le Be the person Uncle Iroh knows you can be.



Sally Le COVID spelled backwards is DIVOC, what DIVOC is going on?



Lydia Lee "Intelligence plus character - that is the goal of true education." - Martin Luther King Jr.



Sophia Lee Shoot for the moon. Even if you miss, you'll land among the stars.



Gabby Mendoza People say nothing is impossible, but I do $nothing\ every\ day.$



Kristine Nguyen #rachelscrew4lyfe



Nancy Nguyen I am very small and I have no money, so you can imagine the stress that I am under.



Haley Peters May your dreams stay big and your worries stay small.



John Thai My computer screen is brighter than my future.



Natalie Ung "And I knew exactly what to do. But in a much more real sense, I had no idea what to do." - Michael Scott

2019



Selma Kajtazovic
"It's no use going back to
yesterday, because I was a
different person then." Alice's Adventures in
Wonderland



Claudia Tan People think I'm Viet, but I don't even know who I am.



Khari Abiola
"All we have to decide is
what to do with the time
that is given us." - J.R.R.
Tolkein



Folarin Akinwekomi When life gives you plantains, you make plantain chips- and some rice, everything goes well with rice!



Alexis Albert Why fall in love when you can fall asleep?



Nikhil Bhatia Shoutout to my arms for always being by my side.



Elaine Chan
Came for the free food, but
ended up meeting some of
my best friends.



Diana Dang Struggling on a daily basis.



Janis Dao Life is hard.



Adam Le
I want to go home.



Mimie Le
Everyday is a treat yourself
day.



Paul Lim 워싱칭따오



Connor O'Neal
The early bird gets the worm, but the second mouse gets the cheese.



Seongeun Park Coffee is great.



Parth Patel
"I didn't come here to make
friends, I came here to look
for my son." - Marlin from
Finding Nemo probably



Carolyn Vu I'm just here for the free food.



Stephen Wu We can make that at home.



Jeff Yang
I have a thousand words to
say, but I choose to keep it
low-key here.



James Yuk I just want everyone to be happy.

SUPERLATIVES





Candidate of the year STEPHEN



Faculty of the year DR. TACKETT



Executive of the year



Best big and little ADAM, JOHN, AND SALLY



Most talented JAMES



Best paddle ADAM



Alumni of the year



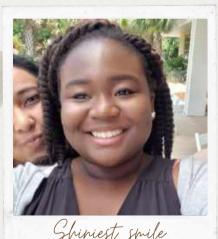
Best bromance ADAM AND PAUL



Most spaced out



Brightest Brother KRISTINE



Shiniest smile MICHELLE



Shooting star
KRISTINE



Morning sun LING



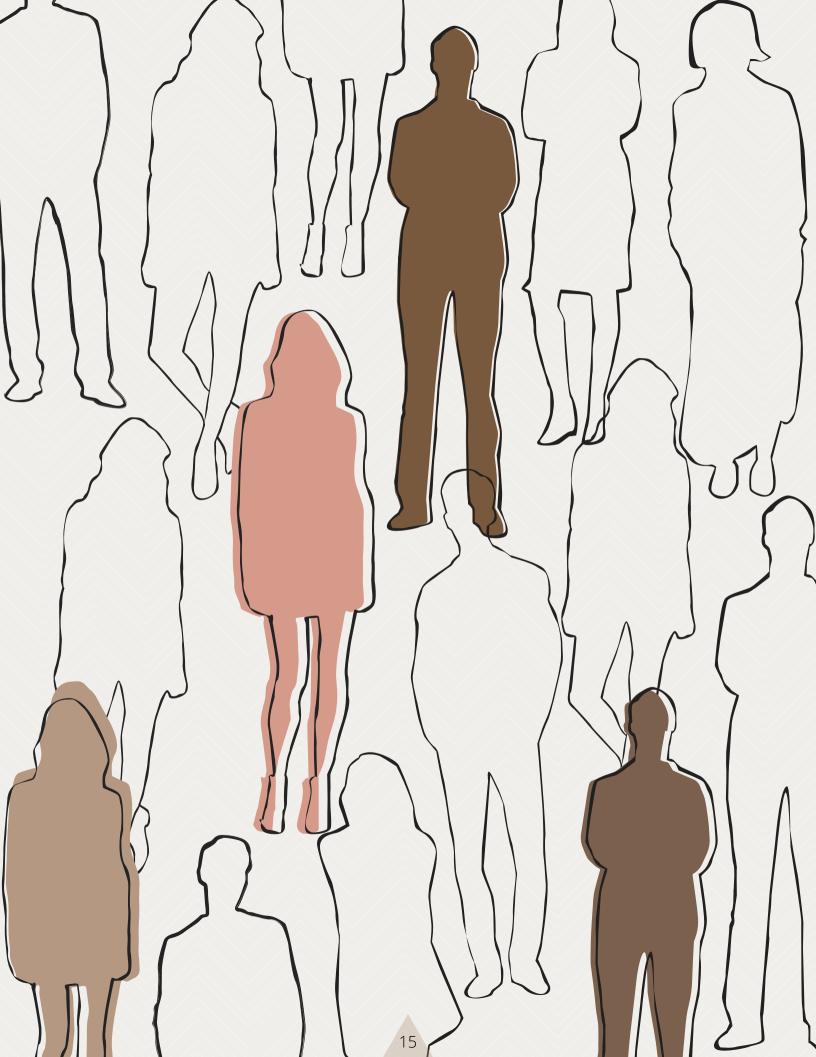
Most dreamy



Most twinkling eyes LYDIA



hight owl PARTH



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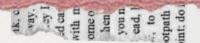
ALPHA IOTA GOES TO GRAND COUNCIL

The 72nd Grand Council was a phenomenal way to end the summer. It took me back to the state I originally grew up in, and I was finally able to enjoy In-N-Out once again as well as different Asian cuisines with my Brothers and feed their endless boba tea addictions. Besides the food, the whole experience was rejuvenating, and I really think this is one of those meetings that every Brother should at least experience once.

Grand Council is an event that has so much to offer, whether it be through talking to alumni from different Chapters, or even talking to other Brothers from different states and discussing how things are done differently, or even just going to a food truck with Brothers. In order to be the best that we can be as a Chapter, I realized that we truly have to give our best efforts to our Brothers. I saw this as many different Chapters excelled in different venues of the Thurston Cup. This really lit an internal fire in me to see if I could help my Chapter as a Brother and bring back all that I have gained from GC to see our Chapter flourish in its own right.

With the knowledge from my experiences from Grand Council, I now know that I can reach out and learn more at the regional and national levels to further my engagement in my Chapter and my Brotherhood.











SUMMER RETREAT BY THE RIVER

The 2019 Summer Retreat for the Alpha lota Chapter embodied the phrase "work hard, play hard". It was a weekend filled with productivity and Brotherhood bonding before our transition back to school, rotations, or, for our recently graduated Brothers and alumni, work. This year's retreat took place at the quiet, secluded cabins of Chattahoochee Bend State Park neighboring the Chattahoochee River and miles of trails. As each Brother arrived, beds were claimed, stories of exciting summer trips were exchanged, and the tradition of writing notes to our Brothers of encouragement and gratitude of our friendships began. While the sounds of dinner being prepared by Brother JJ and the help of others continued, the clamor of Brothers joking and laughing quieted down as WCC Hui initiated Chapter. After all the formalities had finished and dinner was shared, the night swiftly returned to where it had left off with the sound of laughter and conversation continuing late into the night.

The next day started bright and early with no time wasted moving from breakfast to the Chapter activities. Brothers shuffled in and out of photos as Hui took pictures of all possible combinations -- graduating class, candidate class, jersey color -- before we were split into teams and pitted against each other in a wild relay race consisting of peeling hard boiled eggs, counting beans, transferring ping pong balls from one cup of water to another, and juggling a hula hoop between team mates connected in a circle. After some debate on how many beans were actually present in that leg of the race, the competition continued with a rendition of charades where the phrase "great minds think alike" held true as the goal of each round was to match your teammates' poses representing a word or action without any communication. Last but not least, was an extremely entertaining dance competition, of which I won't disclose the details (we had collectively agreed that when it came to the Brothers' enthralling dance moves, what happens at Summer Retreat, stays at Summer Retreat). Following a much needed lunch, the committees got down to business as each committee met and discussed important issues and decisions for the upcoming year. Budgets were laid out, fundraising ideas were proposed, and changes in the bylaws were voted for. After concerns were shared and issues were resolved, formal Chapter came to a close as the Brothers excitedly

made plans for the rest of the day ahead. Brothers headed off to take naps, find snacks, play football, and go canoeing. To some of the Brothers' dismay, myself included, the park's recreation office informed us that the window for renting canoes had already passed, so we switched gears to one of our favorite retreat activities -- video games! After another delicious meal prepared by JJ with the help of other Brothers, a few goodbyes were made as some Brothers departed early for work and church commitments.

The next morning, Brothers packed their things and tidied up the cabins before the final goodbyes were shared. The 2019 Summer Retreat was a total success in regards to both productivity and Brotherhood bonding just like the years prior and next year will no doubt continue the trend.



AN ALUMNUS JOINS RETREAT!

Alpha lota's summer retreat is a tradition that has been going on for decades. It is a time for the Brothers to meet up before the busy fall semester in order to organize and plan for the future. In 2019, I had the pleasure of coming back as an alumnus in order to experience summer retreat once more. The collegiate Brothers found 3 cabins in Newnan, Georgia in order to have their retreat. The Worthy Chief Counselor and Worthy Vice Counselor coordinated the events which included icebreakers and committee meetings to give the co-chairs time to present their vision for the upcoming semester. Every Brother that attended the retreat was given time to give their thoughts and feelings about the Chapter as well. As an alumnus, I can see how much hard work and dedication was put into making summer retreat a success. It takes a tremendous amount of effort trying to uphold the traditions and standards that the Brothers before them put up, but the collegiate Brothers were able to meet the challenge.











SOUTHEASTERN REGIONAL CONFERENCE (SERC)

REFLECTION FROM A NEWLY INDUCTED BROTHER

As a newly inducted Brother for the 2020 school year, I had little idea about what to expect from my first conference ever. Even after asking former Brothers who had been to a conference, it was difficult to put my thoughts together about what my priorities should be while attending the Southeast Regional Conference in Greenville, SC. I was advised of the opportunity to make connections with other schools, especially the hosting Chapter, as Dean Philip Hall, was also a part of Alpha lota.

On Friday night during registration, I began to see Brothers showing up from different parts of the southeast. It was an extremely pleasant surprise to see the diversity among other Chapters, since I am only familiar with the Alpha Iota Chapter. I was first introduced to Keene, an alumni Brother of the Alpha Kappa Chapter at MUSC. We discussed the importance of making lasting connections at events like these, as you will continue to see the same Brothers throughout other Phi Delta Chi conferences (this was made apparent when he saw Hui, and they were delighted to see each other!). It really opened my eyes to see how welcoming and friendly many of the Brothers were. After meeting a few more Brothers, I was invited to go downtown to further mingle. It was much easier to speak to them since we were in a less formal situation.

The second day was dedicated towards fraternity policy and workshops. I attended the meeting for Organizational Affairs, I also attended a meeting for Alumni/faculty relations, which was beneficial to me as I was able to evaluate certain events we were having with our alumni and faculty. It is important to keep them actively involved with the Chapter even after they graduate, whether that be personalized invitations for certain events or having more attendance at the alumni/faculty events.

Overall, this weekend taught me an extraordinary amount of things that I did not know about Phi Delta Chi. There were friendships that I made that will be long lasting, which truly exemplifies our motto of "Brothers for life."







OUR SECOND YEARS GIVE THEIR THOUGHTS

Every two years during spring semester, a Regional Conference is held for each region and hosted by a Chapter in that region, which is assigned and rotated alphabetically. This year's Southeastern Regional Conference was hosted by MUSC Alpha Kappa in Greenville, SC. Being two hours away from Greenville, we started our mini road trip on Friday afternoon of February 14th. Half of us arrived early in the evening to meet and mingle with the Brothers from the different Chapters, and it didn't take long for one of our P1 Brothers to get coined (but fortunately, she was spared)! Since it was late in the evening, part of our Chapter went to a cozy ramen shop, another part went to explore downtown, and the rest decided to sleep early to prepare for the conference the next day. All in all, everyone seemed to have ended up the night with a full and happy stomach and anticipation for the nexts day's events.

We began the next day bright and early at 8:00 am to register and eat a self-served breakfast. The two of us went to the organizational affairs room at 10:00 am, and we were joined by a couple of other Brothers from our Chapter. This workshop was mainly to discuss how to improve Phi Delta Chi as a whole. P1s, P2s, and P3s all were allowed to vote! This was really empowering because it allowed us to directly make an impact on rules and regulations for the national Chapter. There were many passionate leaders from different Chapters who had strong and creative ideas. Some of the other Brothers were in the next room with the Alumni committee; this committee voted on a few changes or adjustments to what it means to be an Honorary Brother. Overall, the committee meetings were eye-opening on how serious PDC is when it comes to distinguishing between the different types of Brothers.

After everyone took a nice refreshing break, we continued to our next workshop led by Mike Cresap, who also came to visit Alpha lota's Chapter just a few weeks ago to help our Chapter improve. In this workshop, we separated into groups to discuss how we would plan events for our alumni. We also talked about what we were currently doing for our alumni and P4s, such as sending them gift baskets to let them know that we have not forgotten about them and to cheer them on. Following the workshop meeting, each Chapter had an interview to attend. Alpha lota's interview was scheduled at 3:15 pm with Claire and Megan. Since we recently had a Chapter ChEQ visit, the interview was brief and they even praised us for being one of the top Chapters. We had a discussion regarding our successes (and if there was room for improvement) as well as risk management.

Then it was time for another break while one of our Brothers competed for a regional position. Some members took Alphie, our mascot, to a beautiful park nearby. Some members went to rest, and others went to explore downtown such as visiting a cat cafe and exploring some new dessert areas. At 7:00 pm, everyone met up again at the hotel for the banquet. We had a motivating guest speaker who was once an alumni of the University of Georgia come talk to us. After he concluded, we had a chance for the Chapters to chat among each other while ending the night with a delicious meal consisting of steak, potatoes, and greens.

Overall, SERC was a huge success led by our amazing WCC, Hui Lin. Our Chapter had a great turnout. It was amazing to see all the Brothers supporting each other! We are truly Brothers for life!









A THIRD YEAR'S FIRST REGIONAL CONFERENCE

When I was a P1, our Alpha lota Chapter hosted the Southeastern Regional Conference. Since I became a Brother as a P2, I was not able to attend the previous regional conference, but many of the other Brothers did. Not fully understanding what SERC was and why it was held at University of Georgia, I watched them spend a lot of their time preparing for it. I never would have guessed that I would be attending the same conference two years later.

Throughout my school years, there have been many opportunities for me to attend a conference and meet pharmacy students from other schools outside of Georgia. It wasn't until my third year spring semester when I decided to attend a pharmacy-related conference. SERC was the first conference that I ever attended since I started studying pharmacy. When I first arrived in Greenville, South Carolina, I was excited but also nervous. I left Athens thinking that I was prepared to see what my fellow Brothers told me they saw during my P1 year.

As I checked in at the registration desk and received the booklets along with the schedule, I realized that I didn't know how to start a conversation properly. I am a shy and awkward person, so I thought that people I saw would laugh at me if I randomly started talking. Luckily, a few Brothers from the host Chapter approached me and a group of Alpha lota Brothers and introduced themselves. I realized that I was there not only to learn about PDC but also to enjoy the company of others. I was able to relax and really enjoy my experience at SERC.

While I had fun and learned a lot at SERC, the only thing that would have made this experience better was if I didn't have two exams coming up the following week! I am glad that I decided to go to SERC, met PDC Brothers from other schools in the Southeastern region, and had this experience as a collegiate Brother.



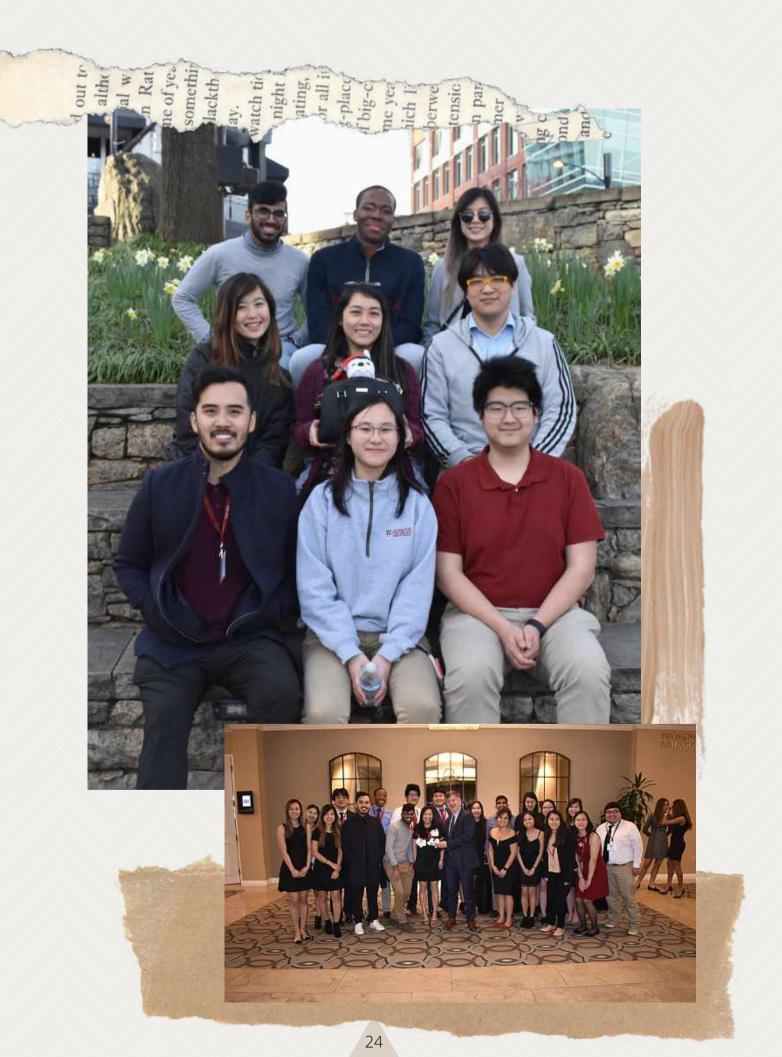
YEJI LEE Class of 2021













WINTER RETREAT IN THE MOUNTAINS



As a newly inducted Brother, I did not know what to expect from Winter Retreat, but I was excited for whatever was in store. Little did I know just how impactful the experience could be. Not only did it provide everyone an allotted time to get some serious planning and preparation accomplished for the upcoming semester, but it also provided a great opportunity to get to know other Brothers more so than your daily school interactions would allow. You get a chance to know the active Brothers better as well as alumni Brothers, to whom you can talk and befriend, which contributed to the overall impactfulness of the entire experience. From chatting and asking the alumni many questions, I learned a great deal about both school and our profession. These important interactions and networking opportunities are accompanied with such a relaxing and fun setting. Between the team building exercises, great food prepared by fellow Brothers, and the surreal atmosphere the cabins and mountains provide, it truly is a memorable and cherished time that I'll never forget. These are the kind of experiences and relationships I believe only winter retreat can provide, and I would recommend going to anyone who has never been. I will most definitely be returning next year and am already looking forward to it!





As WVC, I was in charge of planning Brotherhood activities. Over the winter break, I met up with our WCC, Hui, and planned different Brotherhood activities for the retreat. In the beginning, it was quite difficult to come up with the ideas due to the large number of Brothers who would be attending as well as the fact that it was supposed to rain. I had to plan activities that could be done both outdoor and indoor as a contingency. With perseverance and hard work, Hui and I finally came with 4 different Brotherhood activities for the retreat.

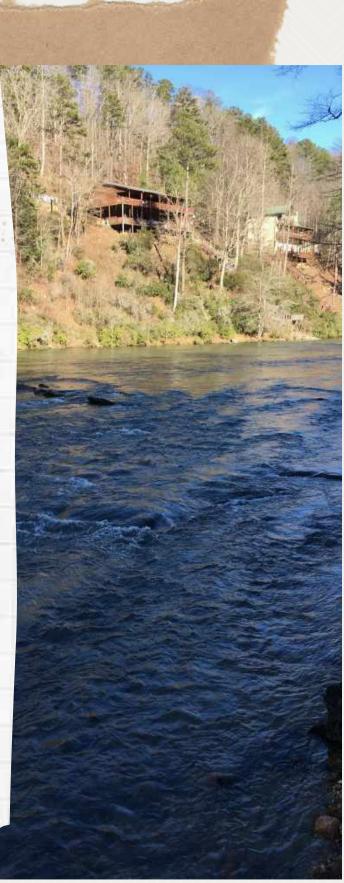
The first activity was called "Do you know how to study? Drug Memorization." Each group was provided a list of 75 drug names and was given 30 seconds to memorize the list with their teammates. To provide all of the classes with a fair opportunity, only the top 300 drugs were used.

The second activity was called "Sneak a Peek." Each team was allowed to send one representative to see a picture of a structure for 5 seconds, after which they returned to their team to describe the structure to their teammates. With given building materials, each team was to produce the structure that was shown in the picture with the aid of verbal clues from their respective representatives.

The third activity was called "Magic Carpet." Eight Brothers from each group stood on a tarp, and they were then instructed to stand on the tarp's opposite side without setting foot to the bare floor. The last activity was called "Bomb & BAAAMMMMM." Person A can see but cannot talk (has to use motions); Person B cannot see Person C, but can talk based off the motions that person A shows; person C is blindfolded and is tasked to find a bomb (ball) and put in the basket, which was placed randomly in the cabin.

The purpose of these Brotherhood activities was to build better teamwork and communication skills. For the last activity, communication was very important among the teammates, given each of their respective limited senses, to locate the ball and basket. These were silly activities that facilitated team-building skills while still providing a friendly Brotherhood ambiance.





Every winter as the spring semester starts, the Alpha lota Chapter holds its winter retreat up in the mountains of north Georgia to bond and plan for the upcoming semester. I look forward to every retreat because it's a time when Brothers can relax, spend time and bond, and not worry about school for three days. Once classes end on Friday afternoon, Brothers grab their bags and pillows and jam pack into their cars and drive two hours from Athens to the mountains. Brothers from our distant campuses (Albany, Savannah, and Augusta) had a slightly longer trip to the cabins. As Brothers arrived at the cabin, a team of Brothers and I started preparing dinner of finger foods of meatballs, mozzarella sticks, pasta salad, and a nacho bar. Over the years, I have learned that Brothers trickle in so it isn't easy to prepare a proper sit down meal on the first night.

This winter retreat, the Chapter had the honor of hosting six alumni Brothers, a huge increase compared to the usual one or two alumni we can grab. Additionally, I was impressed by this school year's candidate class as all 19 of them were able to attend their first Retreat. I instructed the newly inducted Brothers about our retreat tradition of brown bags. Brothers decorate a brown paper bag with their name and pictures to match their likes and personality and hang them up like stockings against the windows or wall. Throughout retreat, Brothers will write a personal message of thanks or goodwill, signed or anonymous, to drop in the brown bags that Brothers will take home at the end of retreat to read the wonderful messages written to them.

As night set in, the Chapter opened formal Chapter and winter retreat had officially begun. Some Brothers played board or card games, while others went outside to start a bonfire as the next evening forecasted rain. Another improvement to this year's winter retreat was the investment of metal, telescoping campfire roasting sticks for toasting marshmallows; in previous years, we would use short 12-inch, flimsy wooden sticks that were not safest nor the most efficient way to toast marshmallows for s'mores.

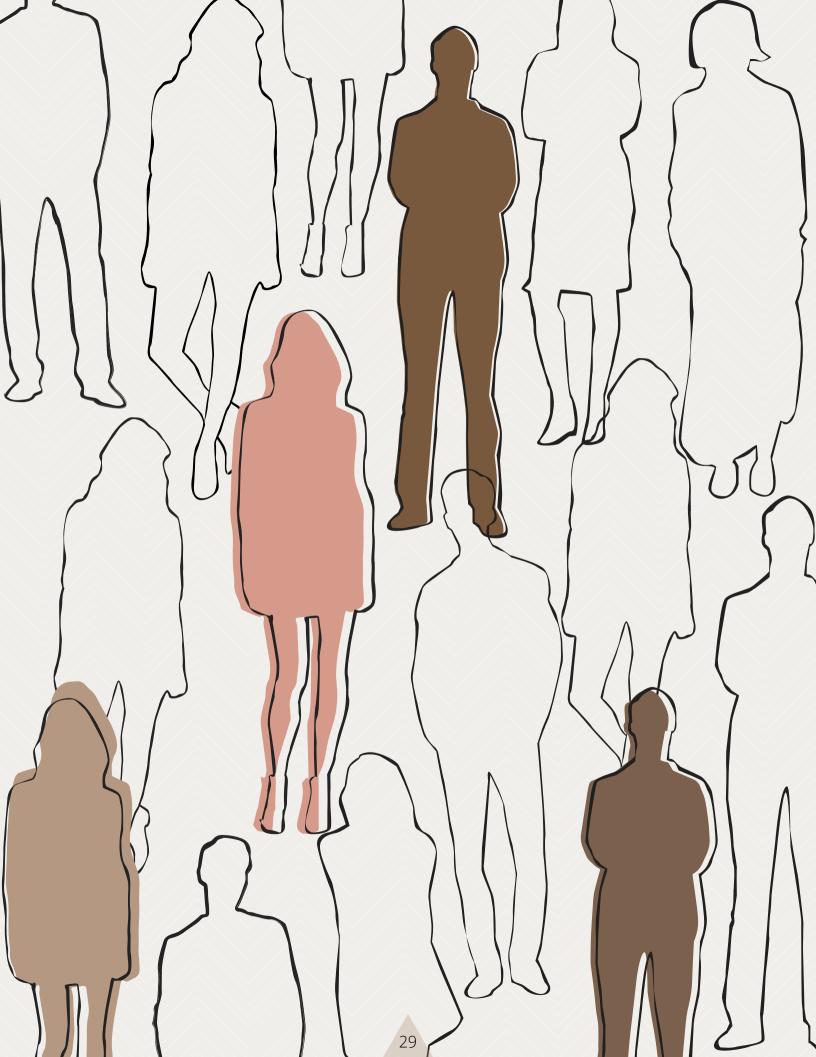
The next morning, another team of Brothers and I started cooking a breakfast of eggs, bacon, biscuits, and of course, coffee. Following breakfast, our WCC Hui and WVC Hye Lim prepared Brotherhood activities for the morning. After our activities, Brothers were treated to lunch of grilled cheese sandwiches and soup of tomato or chicken pot pie. Once Brothers had their fill, we broke up into our committees, started discussing plans for events, and presented events and ideas to the whole Chapter at the end.

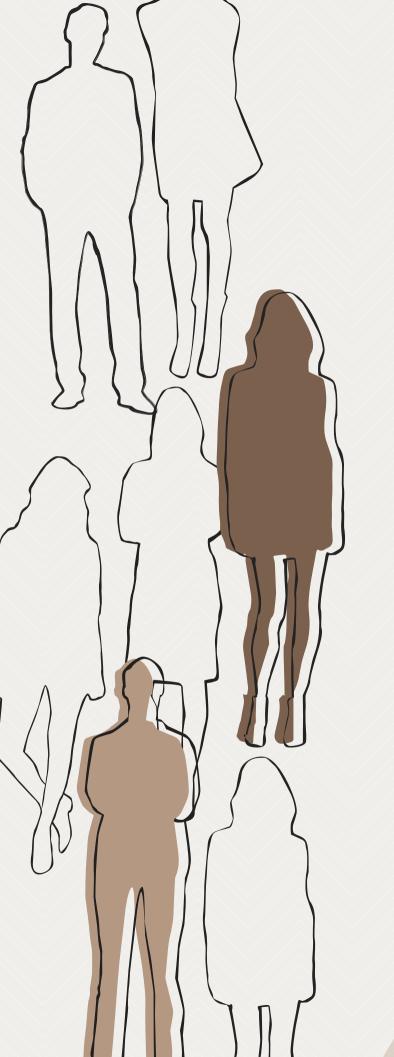
As the afternoon sun waned, the forecasted rain came pouring down. However, that did not stop Brothers from having fun indoor games of fishbowl and Disney song trivia. Fishbowl is always a rowdy game of word memory, and Brothers dashed to raise their hand to answer which Disney song was playing. Dinnertime was rolling in, so I started to cook spaghetti and homemade marinara sauce and an anime-cliché of Japanese-style curry and rice for dinner. Brothers tried both dishes as many of them were hungry.

As dinner plates were placed into the sink and dishwasher, formal Chapter was closed and "pass-the-gavel" started. Pass-the-gavel is an Alpha lota tradition at the end of the second night of Retreat where Brothers each take a turn saying words of thanks and how fun the Phi Delta Chi Brotherhood is. My favorite pass-the-gavel message came from an alumni Brother, Michelle Vu, who said that the food at this Retreat was the best she ever had in the years she has been a Brother. My heart was warmed with all the messages of thanks and compliments of great food, but I thanked the Brothers for coming out and making retreat wonderful because it is the Brothers who make the Chapter and Brotherhood awesome. As the WKRS, I feel elated and sad that Brothers enjoyed this last retreat that I have helped put together, but I look forward to the future and all of the retreats the Brotherhood will continue to put on for me as alumni. Retreat is a wonderful time for Alpha lota because it is time to bond, plan, and grow as Brothers who are Brothers for life.









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On October 26th, Alpha Iota Chapter Brothers gathered in the early morning to serve the community for Adopt-A-Highway. We have a designated mile (Timothy Road) that we go to two times a semester to clean up. A total of seven Brothers and one candidate were present for the day, and we split into two teams for each side of the road. It was a bit cold and wet in the morning from the rain, but the weather became better once we started. As we cleaned up, we were able to chat to each other. It was a good opportunity for Brotherhood bonding time while we also beautified our community by collecting the trash and recycling items along the way. We were able to collect two full trash bags and one recycling bag from this event, which took us approximately one and a half hours to clean up. IHOP was on the agenda for brunch for some more Brotherhood bonding afterwards. After a chilly morning, it was nice to sit down and fill our stomachs with some warm breakfast.



ZHENNI REN & HANNA YU

Class of 2021





It was a cold and (almost) snowy morning. While practically everyone in Athens, Georgia was enjoying a warm bed and a warm house, a select handful of committed Phi Delta Chi Brothers faced the frigid air with fierce determination. Their goal was to make the world a little cleaner through picking up litter on Timothy Road. With reflective vests on their back and grabbers and bags in their hands, they set off. Split into two sides, the group began their journey. Engagement grew as the groups started to silently compete. Efficiency rang supreme as trash and litter were meticulously abducted off of the ground. No stray cigarette butt or crinkled snack wrapper were missed, as each group wanted their trash bags to be bursting at their seams. Every damp and deep ditch and every patch of tall grass was thoroughly inspected.

As each newly-formed team worked towards this goal, the feelings of Brotherhood were strengthened once more. Mutual disgust towards the miscellaneous items and the mutual appreciation for the opportunity to catch up with one another's lives fortified the bond between the Brothers involved. Soon enough, the end of the path came into focus, and each team worked harder than ever before to finish strong. As each team finished, each Brother took a deep, appreciative breath. Although their trek was over, the strong spirit of Phi Delta Chi had made its mark.

After the traditional commemorative photograph, the Brothers headed back to the beginning of the path, once more reflecting how their actions had helped the Athens community. Each Brother realized that even though there was still a lot of work to be done, it was definitely a morning well spent.



NIKHIL BHATIA

Class of 2023





A TALK WITH AN ALUMNA





On Tuesday, November 12, 2019, Phi Delta Chi and APhA partnered together to host a talk featuring Dr. Sara Miller during organizational hour. Sara Miller is a clinical pharmacist at Grady Hospital in Atlanta, GA with a background in toxicology. She discussed her academic journey from initially developing an interest in the specialty to her acceptance of her current position at Grady, as well as provided advice and guidance for students wishing to pursue a specialty or residency program.

She described her experience as relatively unusual, as she did not participate in the matching process through APhA for residency programs (as most students would typically for PGY1/PGY2). Her original passion was in toxicology after taking a required course during pharmacy school that greatly piqued her interest. To her dismay, her professor informed her initially that the only career available in this specialty was in the line of academics, namely as a professor. After some digging, however, they were able to find something more suited to her liking. She pursued a fellowship in toxicology at Grady Hospital and had interest working at the Poison Control Center. With more unexpected turns in her journey as she was about to finish her training, the pharmacy offered her a position as a clinical pharmacist. She is now able to perform clinical duties as well as employ her experiences in her specialty to provide toxicology stewardship. She works extensively with the healthcare team in any of these cases, and her presence is incredibly valued and respected.

Sara Miller's discussion regarding her unique experience gave me hope that, regardless of where someone starts in their career or academic journey, there will always be a chance for something new or unexpected along the way. On behalf of the Brothers of Alpha lota, I want to thank Sara Miller for sharing her story. The stories of the many paths that alumni Brothers go down provides insight that collegiate Brothers may never have been aware of, and in this manner we find a new sense of encouragement and inspiration.



FOOD BANK OF NORTHWEST GEORGIA







Our candidate service event was to volunteer at the local food bank, The Food Bank of Northeast Georgia thanks to the suggestion of some of the other candidates. I have interacted with the food bank before via my involvement in a different organization (we made monetary or food donations at least once a semester) so I was one of the people that pushed for this. We decided to volunteer our time and went to the food bank to help out.

I did not know what to expect walking into the building. Would they have us unloading food? Or would they have us sweeping floors? Several people out of my candidate class were already there and working by the time I arrived. For most of our time we organized the food that they had recently received, unpacked food, and moved them to the relevant containers so the food could be easily distributed at a later time.

More interesting than their processes was the facility itself. The building was a rather large warehouse that stored an incredible amount of food. We were treated to a tour so we could see what all they did on the property. After they showed us more of the food storage, we got to see their on-site market. The market acted as a grocery store where people could come by during hours and get what they needed. I would have never guessed that a food bank would have this, but it made sense nonetheless.

Reflecting back, I'm glad that we were able to carry on the tradition of the candidate class providing community service. I think it's a tenant of the fraternity that really helps define who we are, where "each needs the help of the other" can go beyond helping out our fellow Brothers.



"Alterum Alterius Auxilio Eget"



On October 9, 2019, Brothers got together to get more involved in their local community at Talmage Terrace & Lanier Gardens Assisted Living in Athens. In collaboration with students in the Student National Pharmaceutical Association (SNPhA), Brothers spoke to the residents of the assisted living community about ways to maintain their health, especially when living with specific conditions.

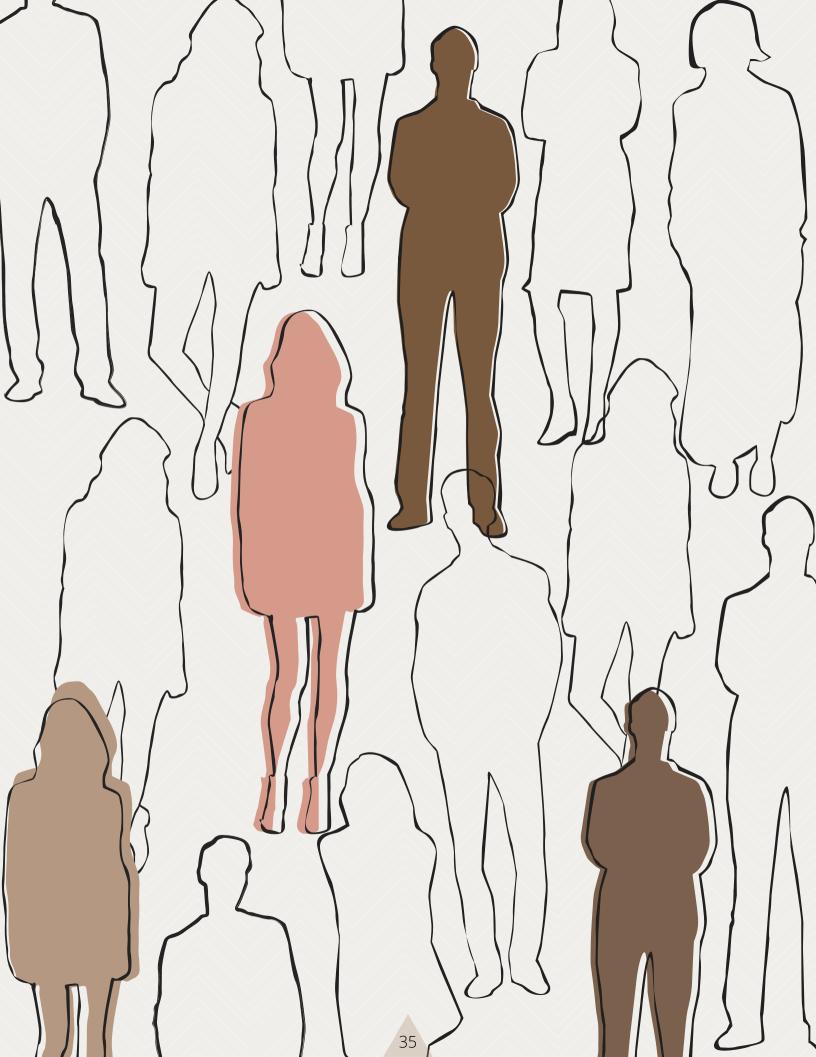
The evening started with a presentation put together to discuss stroke and chronic kidney disease. Topics addressed included risk factors, symptoms, and the importance of a healthy diet and exercise. "I eat blueberries every day!" said one woman to her seat neighbor during discussion about health and diet. It was great to see the engagement and enthusiasm of the attendees, especially as they took an interest in their health. "Going to Talmage is a great experience each semester. Other than having a chance to showcase our profession by teaching about healthy diet and exercise this visit, we have the opportunity to interact with the residents through bingo and talking with them about their history," said Brother Hanna.

Afterwards, the fun began, and the Brothers and attendees played bingo together. As Brother Chisom called out numbers, the attendees had an eagerness to win with the occasional "oh, so close" or "one more to go" while also supporting one another. Attendees and Brothers would cheer and celebrate with other winners and they got to call out "BINGO!". The game continued until each attendee won a prize.

In the end, Talmage served as a fun way to get more engaged with the local community. Brother Zhenni stated, "Not only did Talmage help us develop professionally, but also allowed us to reach the underserved community by teaching them some important healthy tips."







36

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ST. JUDE 5K RUN

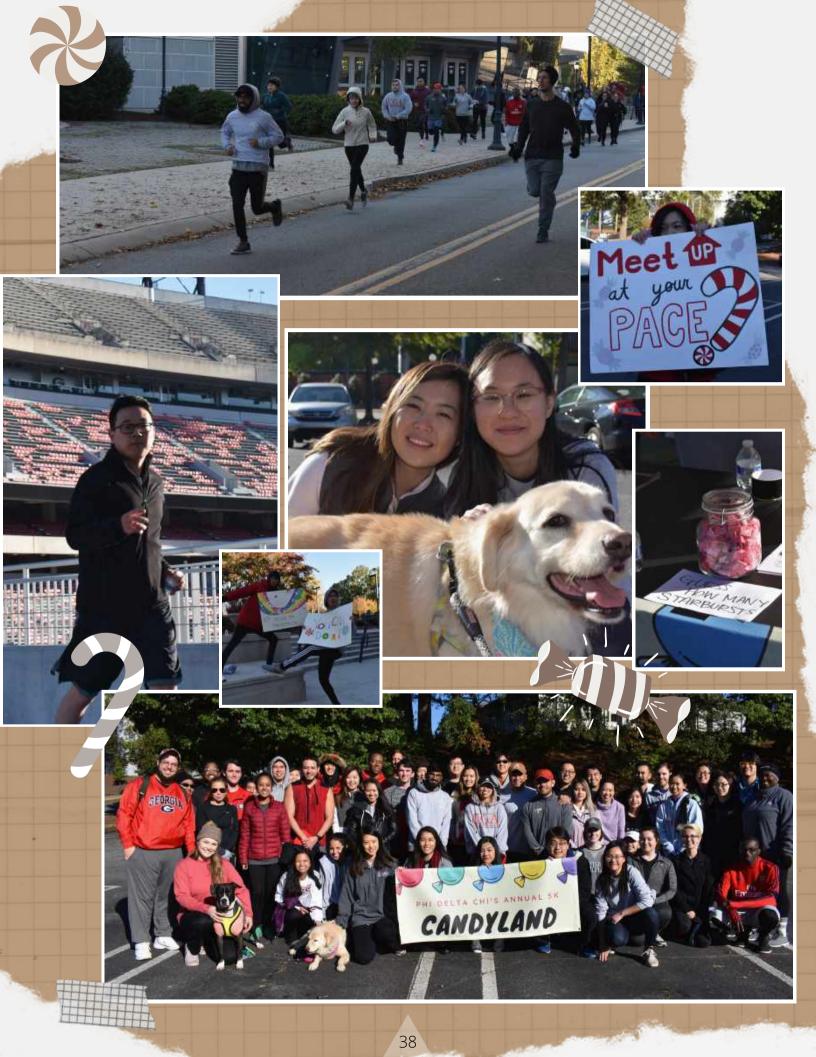


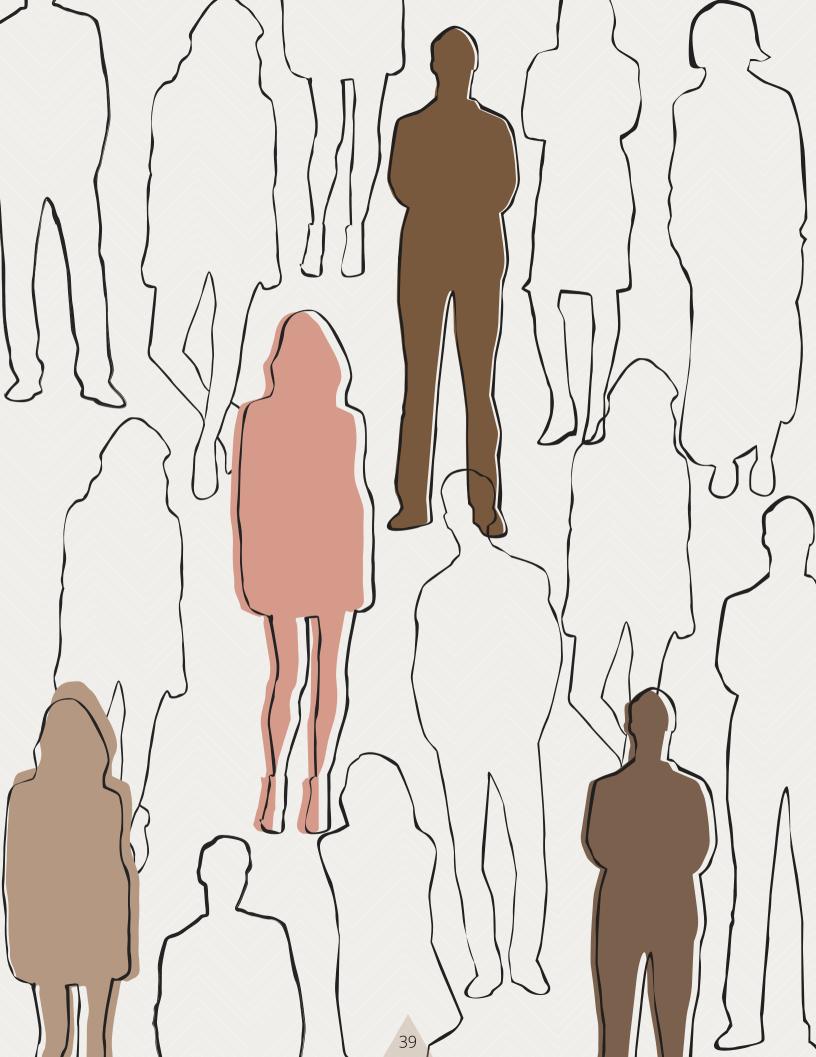
It was a chilly morning, with preparations starting as early as 6:30 AM. Handmade signs were put up throughout the course to aid in directing runners on where to turn. Water stations, manned by Brothers JJ and Stephen, were set up for those who needed to rehydrate. We also had 11 Brothers who volunteered to hold signs with encouraging messages for the runners and also guided them along the course. With all precautions taken into account, the race began promptly at 8 AM and not one runner was lost!

First place runner and fellow first-year pharmacy student, Logan Brock, was seen warming up and was eager to start and finish the race in less than 13 minutes. Following shortly was Alpha Iota's very own newly inducted Brother, Nikhil Bhatia, who came in second place; and Sandra House, an avid runner in the Athens community, finished in third place. Special shout out to PDC alumni and professor at the University of Georgia College of Pharmacy, Dr. Ashley Hannings who also finished the race just short of third place. Soon, everyone was trickling in one-by-one, finishing the 5K in no more than half an hour!

Festivities began with an educational presentation on Diabetes and Hypertension. Brothers talked about common signs and symptoms pertaining to the disease states and how to manage it with non-pharmacological interventions such as diet and exercise. Next, we announced the winners of the 5K and gifted them with their prizes that included \$20 gift cards to Taziki's and a t-shirt. Everyone who showed up to the race was put into a raffle to receive other prizes from our sponsors that included a free meal from Chick-Fil-A, \$10 gift cards to Taziki's, t-shirts, and coupons to redeem a free cookie from Insomnia Cookies. As the raffle was going on and winners were being announced, runners also had the opportunity to play mini games that were set up and take a guess at how many starbursts were in a jar. Oliver Cortez, a student all the way from Kennesaw State University, had the closest guess at 43 starbursts, and won a gift basket from Raising Cane's Chicken. Once everyone collected their prizes, we thanked all of our sponsors for their generous donations, as well as all of the Brothers and participants who came out to support our cause. All in all, we were able to raise a total of \$2,015.50 to support St. Jude Children's Hospital.

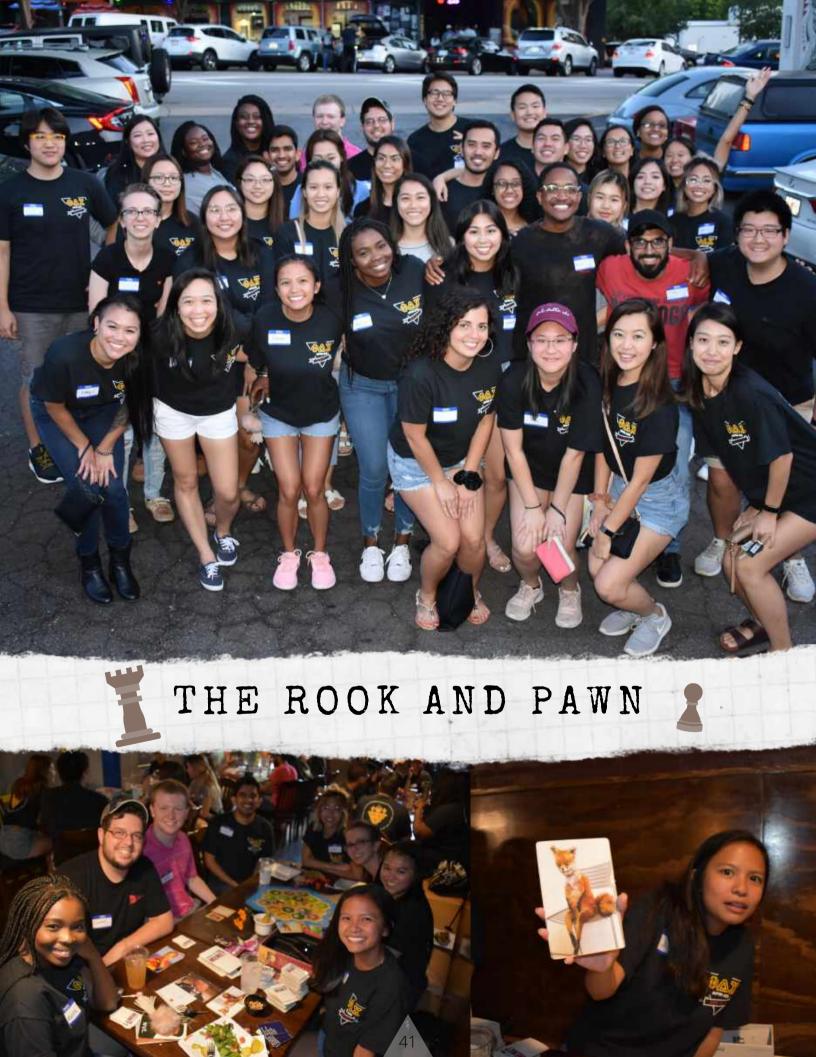






40

HENEL







BOWLING

The long awaited recruitment had finally arrived and we could not wait for the fun to start. We were all looking forward to seeing who was going to be crowned the king or queen of the lanes. What can I say, I was ready to show what a good bowler I was. 32 lanes of fun, just waiting to be had.

Before the main event, our WIG and WMA (Josh and Natalie) wanted us to enjoy some delicious pizza, tenders, and tater tots. While we enjoyed our meal, we Brothers got to know the new candidates better. We learned how classes were going and how summer vacation went. We learned about their preparation for pharmacy school and their stress for the upcoming new year. We tried our best to ensure that they knew we, as Brothers, are here for them.

After we enjoyed some food, the Brothers helped the WMA and WIG setup the chairs in a big circle. We smiled in anticipation, for we knew what was to come (we remembered from last year's rush when we had to to participate in the same game). Brother Natalie explained the game to the candidates with the Brothers giggling in the background. She went first by stating a fact about herself. All Brothers who shared that fact then had to get up and move to another seat. The last person standing had to stand up and state a fact about themselves. We learned so much about future Brothers and even more about our current Brothers. All the laughter in the air made for a great environment to learn about interesting facts about everyone. With our bellies full, our minds expanded, and a little cardio added to our day, we were ready to finally bowl.

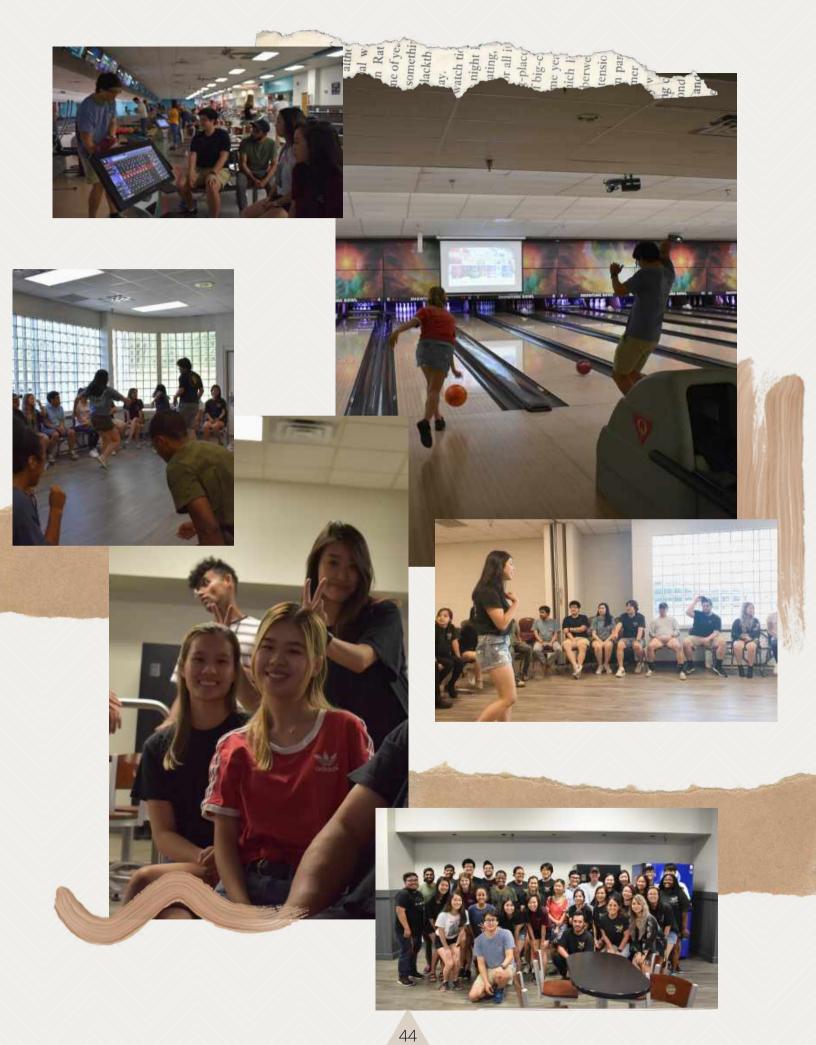
The highly anticipated games had begun. The stakes were high, Brother versus Brother, candidate versus candidate, and Brother verse candidate. Each person trying to beat the next, some bowlers just trying to beat their personal records. There were laughs, jokes, cries, and ultimately victory.



I have to say, Brothers Natalie and Josh know how to throw a good event. And what a great turn out from the candidates! Well, the last rush event is still to be had. I wonder how the cookout will turn out with this new group of candidates...









COOKOUT

Out of all the recruitment events, cookout would have to be my favorite. Even with the extremely hot temperature and smoke filling my lungs, it's the most fun and interactive event. Brother Haley and I ran into three of the recruits, Parth, Carolyn, and Adam as we arrived. They were in the exact same position as Haley and I were in a year ago when we were recruiting – lost.

When we finally arrived at our shelter, we were greeted by Brothers. P3 Brothers from distant campuses were able to make the event and provide their support. Even P4 Brothers Ann and Paul came to visit us despite their busy schedules! It was so great getting to see them again. Another perk about the cookout is being outdoors, so Brothers and recruits are welcome to bring their pets. Brother Phung brought her dog Mika, and Brother Yeji brought her dog Blanca! Just moments prior to our arrival, Brother Josh Jang had apparently set the burgers on fire, which would have been such a sight to see. Even with the "accident", the food turned out amazing. There was a broad selection of foods for us to enjoy after a long week of school: veggie burgers, regular burgers, hotdogs, and chips (I think Josh and John are our future Aneet for this year).





BIG-LITTLE REVEAL

The week leading up to the Big-Little reveal was full of anticipation. The entire week was dedicated to giving gifts, providing strange clues, and throwing our Littles off. This led to our much anticipated Big/Little reveal on the eventual Friday. In order to keep our anonymity, the Bigs did not directly give their gifts to their respective Littles (although we heard a rumor that the candidates got together to figure out their Bigs' identities!). It was a great experience being on the other side of the Big-Little reveal.

After much suspense, Friday finally came. Before the Littles could get to their final gift, which were laid out at their assigned seats, they had to complete all of the assigned stations. Each station revealed a clue as to where their seats were. The stations included singing the Drinking Song, answering questions about Brothers in the fraternity, a cup stacking game, counting M&Ms with chopsticks, and more! We had the pleasure of being at the drinking song station and had the delight of dancing and singing with the candidates. Some candidates had not fully memorized the song, but, since our motto is "Each needs the help of the other," the candidates helped each other so that everyone could finish the song.

Finally, all the candidates went to their assigned seats and searched for their final clue regarding the identity of their Bigs, which was a hidden picture. It was great to hear the excitement when everyone saw what their Big had gotten them. Some of the candidates were so happy because they had correctly guessed who their Bigs were. Others were surprised because they had no idea who their Big was going to be. Afterwards, the Big/Little pairs went out to dinner to get the chance to bond with each other.

















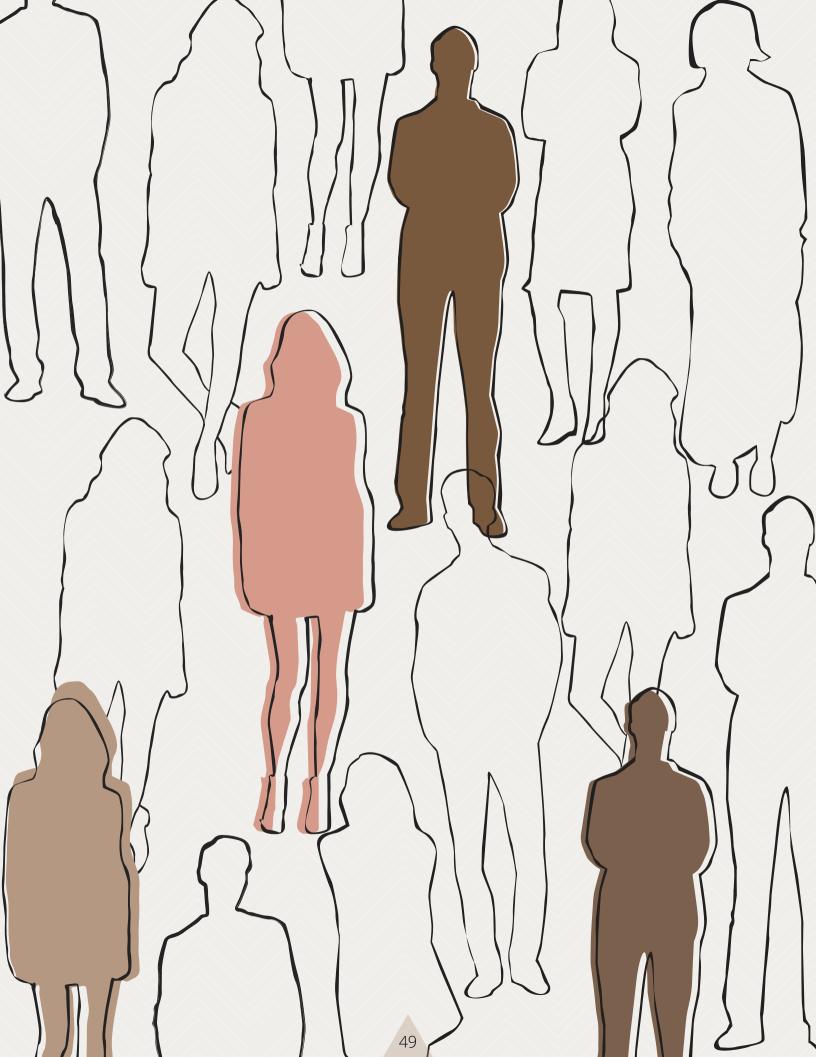


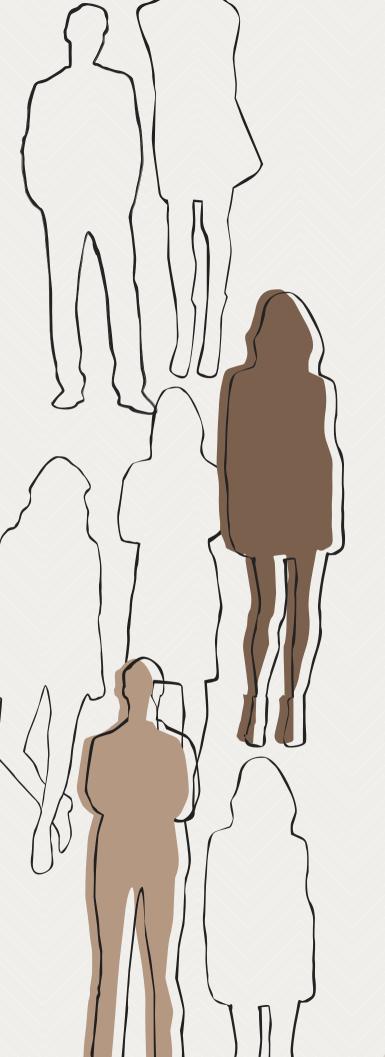












ROLHERHO ROLHERHO

AUGUSTA VISIT









A unique aspect of the University of Georgia College of Pharmacy's program is the opportunity for students to continue their education at one of the four 2+2 campus sites: Athens, Albany, Savannah and Augusta. Despite the distance that separates these campuses, the Augusta Liaison, Phung Duong, hosted a social event in Augusta for Brothers and candidates from other campuses to visit the city and have the opportunity to bond with the Augusta Brothers. Brothers and candidates enjoyed the day at Defy Augusta - an indoor trampoline park. Everyone flexed their muscles as they ran through obstacle courses, tested their balance across tightropes, and showed off their skills in dodgeball.

After a long day at Defy Augusta, everyone enjoyed a potluck style Korean Barbeque Dinner hosted at Brothers Phung, Sungsoo and Joe's apartment complex. Pork belly, brisket, and fresh spring rolls were freshly prepared by the Augusta Brothers to the delight of everyone in attendance, and great efforts were made to leave no food untouched. P4 Brothers (Josh Choi and Paul Kwon) and alumni Brothers (Bernard Hsia and Christina Huynh) also took time out of their busy schedules to bond with everyone. Even a few candidates (Folarin Akinwekomi and Stephen Wu) were able to make it! Karaoke performances by Brothers Josh Jang and Josh Choi entertained all, and competitive spirits from everyone were revealed in Mario Kart Tournaments.

Having the opportunity to visit the Augusta Brothers was a treat in itself, but the myriad of activities and food planned by Brother Phung made the experience twice as special.







HOMECOMING TAILGATE









The Brothers of Alpha lota have been working especially hard this year. With several of our P3 Brothers now on distant sites, including myself, we've had to put in the extra effort to continue conducting our fraternal duties while also still becoming acclimated with our satellite campuses. If there is one thing, however, that the Brothers of Alpha lota know how to do, it's how to appropriately kick back and relax to cheer on our boys in red as they faced the Kentucky Wildcats in our 2019 Homecoming game.

Brothers arrived early in the morning to help set up the festivities for the day. The gloomy weather, unfortunately, did not permit the use of our traditional tailgating grounds, but with quick planning, ingenuity, and good old-fashioned hard work, we were able to move the tailgate indoors without a hiccup. Distant campus Brothers were welcomed to rejoin their Athens Brothers, and candidates used this traditional time to get to know the Brothers better during their candidate Interviews. The official NCAA/SEC television was finally brought in, and after establishing a connection with the local cable provider, we were able to fire up CBS Sports and officially get into football-mode.

Brother Sung Soo, our Worthy Alumni Liaison, helped organize the great alumni turnout. Alumni Brothers, some from far-away states, came to socialize with us and gave us insight on their personal pharmacy experiences, ranging from advocating to the state to holding multiple state licenses. They also gave advice on being a licensed pharmacist and what to expect to keep up with daily duties, and it was great to see their enthusiasm and desire to continue giving back to the fraternity.

As a now former co-chair of the social committee, I was able to enjoy the event as a guest as well as appreciate the hard work that it took to put together this tailgate. Social co-chairs, Brothers Han and Lydia, did an incredible job, especially given the circumstances of the weather. An event like this could not have been pulled off smoothly without the help of our other Brothers, and our candidates were quick to offer a helping hand to yield a quick set-up and an efficient clean-up. As much as we all enjoy a lazy day watching football, our Brothers are always there to provide assistance. Ball may be life, but we are Brothers for life.





As fall approached while we said our goodbyes to summer, we came together as Brothers and candidates for our first social committee's event of the semester. Per tradition, we held Meat Fest during the first away football game. However, instead of taking place during lunch like the past few years, this year's Meat Fest was held during dinner time. It was different, but the event turned out to be a great time!

Even though the Brothers had a busy week, many woke up early to prepare their dishes for the potluck. As 5PM approached, Brothers and candidates began to file into the Connection's clubhouse. Our grill master, Aneet Patel, who was currently on his off block for P4 year, came to grill some delicious burgers and hot dogs. Dishes after dishes were brought in, so much to the point that we began to run out of space on the countertop. There were wings, spaghetti, twice cooked pork, sliders, chicken teriyaki, pulled pork, Aneet's infamous meatballs, and many more!

The candidates quickly took advantage of this opportunity to get their interviews done. Despite the long drive, many of our distant Brothers came to get to know the candidates, as well as to enjoy the plethora of food. Some of our P4 Brothers even took time off from their busy schedules to come visit! Brothers and candidates were so engaged in their interviews that they almost missed my call for food! Even though the event was scheduled for 2 hours, many of the candidates and Brothers stayed for an hour or two after to mingle with one another. We engaged in conversation, played pool, competed against one another in ping pong.

Overall, Meat Fest was very successful, and this could not have been accomplished without all the Brothers who helped out. It was one of the first opportunities for the candidates to spend time with the Brothers since they began their candidacy process. They also got to see the distant Brothers in person, instead of just talking to them via video chat or phone call. I definitely think that Meat Fest is a tradition that should forever be carried on!











CANDIDATE SOCIAL EVENT

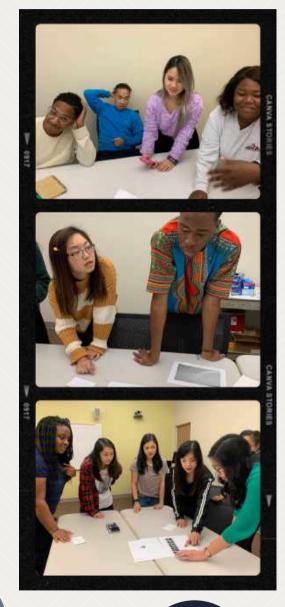


As initiation inched ever so closer, the Fall 2019 candidate class of Alpha lota decided to throw a special event for the Brothers. The charismatic Candidate President, Diana Dang, and the ingenious Candidate Treasurer, Emily Park, came together and created an escape room mystery. An escape room is a real life puzzle solving game that tests a group's deductive reasoning in order to escape the room. As Halloween was creeping around the corner, the candidate class thought it would be fitting to have the room based on the frightening story of Frankenstein's monster.

Candidates and Brothers were divided into teams of 6-7 people. Each team was led to an ominous room where they were given the numerous riddles and told to begin. The goal was to work together to piece the letters obtained from each puzzle. The letters obtained, however, were scrambled, and the ultimate task was to unscramble the word to escape. Teams received hints periodically to help point them towards the right direction. The teams could always ask for hints from the game moderators under the condition that the group was working together. There were many laughs mixed in with some intense thinking in order to figure out why Frankenstein was so delirious. In the end two groups were able to finish the puzzle! The two groups deduced that Frankenstein had forgotten to take his "Quetiapine".

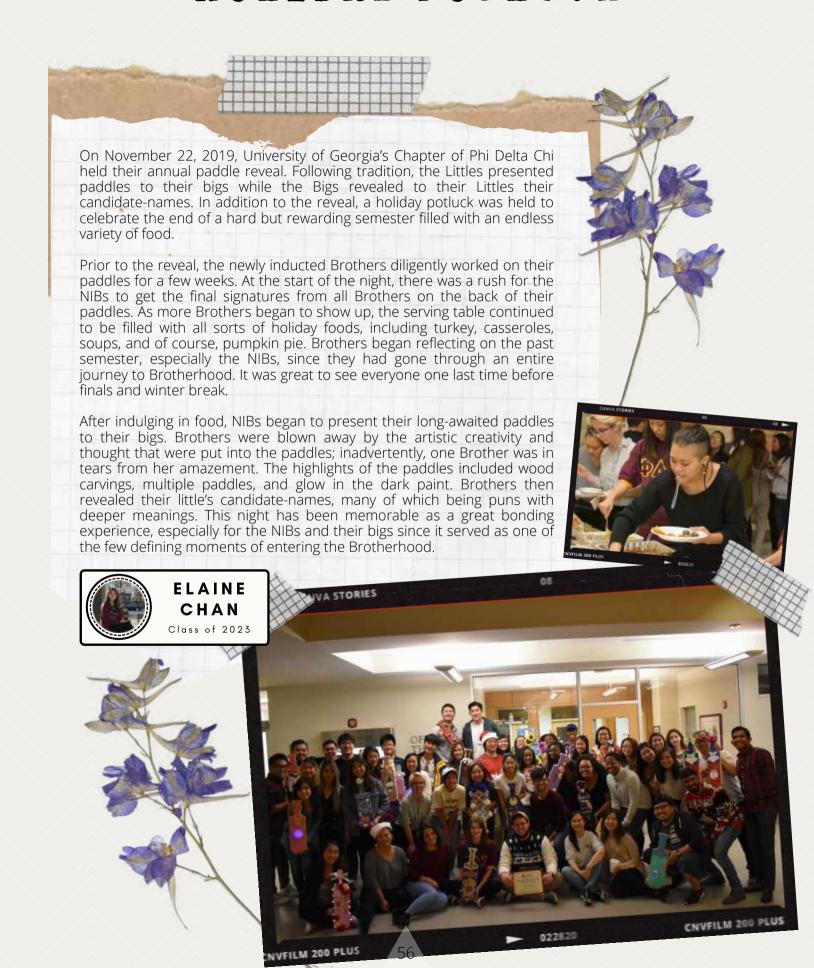
Afterwards we went over the puzzles and enjoyed some Panda Express! Diana and Emily told us how we were all supposed to solve the puzzle. The explanations for some of the puzzles baffled groups. Some people even stated, "How were we even supposed to arrive to that conclusion?" The victorious groups were just glad to guess their way through. Either way, we all were very appreciative towards Candidates Dianna and Emily in their ability to put on the event for the Chapter!







HOLIDAY POTLUCK





DUMPLING NIGHT







On January 21, 2020, our social committee put on a dumpling night as a way to welcome the Lunar New Year with a bang! It was a cold night; many Brothers came in with large jackets and empty stomachs. This was the perfect opportunity to warm everybody up and devour some delicious dumplings! During the event, Brothers learned how to fold beautiful dumplings and even had the chance to steam them! Our crafty Social Chairs, Mimie Le and Janis Dao, were considerate enough to prepare dumplings beforehand for the Brothers to eat right away, while they were learning to fold the dumplings. Mimie and Janis were also very considerate of the dietary restrictions some Brothers had by accommodating with an option of vegetarian dumplings. While the dumplings were being made, Brothers shared their knowledge on the history of dumplings. Brother Paul shared that growing up, he learned that if you shaped pretty dumplings, your daughter will be pretty. Sadly, the dumplings that Paul made were not pretty. Sorry, future daughter of Paul.:(

When additional Brothers arrived, Brother JJ taught them how to properly fold dumplings. However it was in vain, as many Brothers still balled up the dumplings in a sad attempt to seal them. Afterwards, we went to steam our dumplings and feasted on them. We were worried that the malformed dumplings would not be palatable; however, the dumplings were delightful to the delight of many!







PARTH PATEL, ADAM LE,
& CAROLYN VU

Class of 2023





Upon entering the R.C. Wilson Pharmacy building lobby, laughs could be heard as the Brothers of the Alpha lota Chapter shuffled around to set up our annual Faculty & Staff Appreciation Breakfast. The faculty and staff of UGA's College of Pharmacy work hard to help us be successful students and as a Chapter, wanted to show them our appreciation. The smell of coffee wafted through the air as a griddle quietly sizzled in the background as it was being heated up. Our talented chef, Brother Stephen, mixed batter to make fresh pancakes while Brother Nikhil got ready to chuck chocolate chips into them as they cooked.

Professors and staff looked elated as when they stopped by to chat with the Brothers and fill their plates with fruit, cinnamon rolls, sausage, and Brothers Michelle & Kristine's delicious breakfast casserole. Even those who couldn't stay for long thanked us and gladly poured themselves some coffee in preparation for the long day ahead.

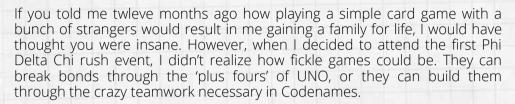
Between the 20+ Brothers helping with the event, there was plenty of food and drinks to go around. Many of the professors expressed that the appreciation breakfast was something they looked forward to every year and were thankful that we plan on continuing the event for years to come.





NIB REFLECTION





As the event progressed, I found myself becoming more comfortable and talkative. I realized a quiet, unconfident kid such as myself could, through this fraternity, become someone great. I could become someone that I could be proud of. There was an outstanding culture of excellence and service.

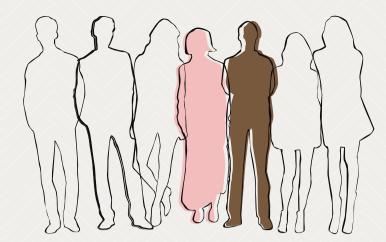
As I progressed in the candidacy process, these values were personified through the Brothers and candidates of the Chapter. The tasks initially seemed insurmountable, but at every struggle there was always someone who was there to have your back. You never felt alone, and that is what kept me going throughout the process. The current Brothers were always willing to help at a moment's notice, not just in fraternity matters, but in classes and life in general as well. They treated us like life-long friends. My fellow candidates and I formed a rather tight-knit group throughout this process, and I had the opportunity to become friends with people I would have otherwise never talked to. We bonded over quiz studying, learning the songs, and working on our paddles.

In such a short few months, I have made some of my closest friends. I knew that when I looked around at the other candidates after we put on our pins during initiation, that we had become family for life. Who would have thought that a spontaneous decision to get myself out there in attending a rush event would have made my life so much better? I used to be skeptical of miracles, but Phi Delta Chi has made a believer out of me.









Autographs

LEAVE A MESSAGE

se ye must year!



We did it!

Jethy to become you thin your! Penember when you facted that teck? Clarete Hull. Anyway, have a freet summer! KIT (Keep in forch)!

(515)808-2362 Call me, maybe ()

Hope jall have a great years



THANK YOU FOR ALL THE GREAT MEMORIES! SHOUT OUT TO JOHN, CLANDIA, & HAN ~ # HEVER

let's go get bubble tea?

No one can beat me in Mario Karf

IDIO I DID THIS I DID THIS TO I DID THIS TO TAKE I DID THIS TO TAKE W? I DID THIS TO TAKE UP SPACE LOL, Have fun in the sun! Stay cool in the pool!

see you in 10 years, ok? i



61