

Volume 19, Issue 5 2017-2018

MONOGRAPH

The Voice of the Pharmacy Student



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EDITOR'S ADDRESS

Goodbye!



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The Monograph would not be made possible without our dedicated team of writers and readers like you!



We are very excited (and equally sad) to present the final Monograph issue of the 2017-2018 school year. This year, we brought to you a variety of contests, interviews from Faculty members and other professionals, and perspectives from your peers on a number of topics. This issue is no exception, so we hope you take some time off studying to enjoy the Monograph.

It has been a phenomenal experience to serve as your Monograph editors. We would like to thank Steven and Onella for guiding us through UPS, Carmen and Michelle for budgeting for the Monograph, and Hatf, Aisha, and CU Advertising for finding ads and sponsors to fund the paper. Thank you to CAPSI, Athletics, and Pharmakon for their regular contributions to the paper, and to the rest of the UPS council for supporting our initiatives. In addition, we would like to thank our lovely Monograph class representatives for collecting and distributing the paper, and Staff Editor Natalie Ternamian for guiding us through this process. Thank you to Jannie and Michael for putting together the Monograph, and to Linda for enabling online access. We would also like to specially mention our staff writers Michael Vu (1T9), Joseph Correia (2T0), Bailey Hogben (2T0), Tammy Nguyen (2T0), and Zarah Khan (2T1) for their regular contributions.

We've got another special contest for our last issue. Now that summer break is about to begin, what better way to spend time than to go to the ROM? One lucky winners will win a pair of tickets to the ROM. All you have to do is submit your completed quiz (from page 18) to the polkadot box on the Monograph stand or email us at monograph@uoftpharmacy.com. As hard copies are limited, feel free to print the contest from our site and submit it. Thank you to Edward Ho (2T0) for providing this issue's prize and for his regular contributions to the paper.

We also want to welcome our new 2018-2019 Co-Editors, Farhat Hossain and Michael Vu, who both have consistently contributed to the Monograph. You are in good hands!

Enjoy reading, and good luck on your future endeavours!

Ersilia and Narthaanan
The Monograph Co-editors
monograph@uoftpharmacy.com



UPS ADDRESS

Hello Pharmacy!

The year is near the end. As we cherish our last few days of having class in the Pharmacy Building before moving on to APPEs, we wish to thank you. It has been an honour to serve as your UPS President and Vice President for the year 2017-2018. We have been through a lot together. We'll look at some of the highlights soon, but first, we want to thank our Faculty advisors Sandra and Kenny for their support this year. Our Faculty advisors, and support from the rest of Faculty, has made many of the events and initiatives this year possible. Matthew and Pamela have also showed impressive dedication and enthusiasm in their role as the next UPS President and Vice President. As we pass down the torch, we can't wait to see what they will bring next year. We are proud, and have full confidence in them. Now, onto the highlights!

Back to School Mixer - Although Phrosh may have been the first pharmacy experience for the 2T1s, the Back to School Mixer was undoubtedly the first event that brought the whole pharmacy family together. It was also the first time the Faculty participated in the annual Tug of War Tournament ...let's not talk about the result here. We need to do better next year.

Interprofessional Boat Cruise - We hope you attended the boat cruise, and not only had a lot of fun but also bonded with students from other healthcare professions. The craze of the last minute ticket buying at this sold-out event showed that pharmacy can host some really kick-ass events!

Halloween Social - The beloved event hosted by the former House Program was reinvented this year through UPS. We had the pleasure of inviting Doris Kalamut, our previous Director of Student Experience and Director of the House Program, as one of the judges for the pumpkin carving and costume contests. We opened up the contest for all pharmacy students to participate in for the first time and we'll always have those Facebook photos to look back on.

Town Hall - We had a rough year. With the building, policy, and even staff changes, we struggled to understand, get used to, and create a better environment for us. But we did it. By placing the emphasis on communication, we brought the Faculty and the students closer together like never before.

Holiday Party - Continuing the tradition, we enjoyed the holiday together with hot chocolate, snacks, and Santa Photos!

Semi Formal - From the theme guessing contest to the final theme reveal video, we hope you had a blast with showing off those dance moves at Hart House.

The Lunch and Learns - This year, we managed to secure new sponsors and bring in some of the best learning experiences to complement our education. Of course, they were also some of the best lunches we've ever had.

CAPSI - The Competitions, Social Media Challenge, Toronto's Next Top Pharmacist, PDW, and much of PAM. Honestly, when you think of student life here, you simply cannot imagine one without CAPSI.



UPS ADDRESS

The Athletics - Don't tell me you haven't joined an intramural yet!! We've got 50+ Teams from all years have won championships left and right!

The Monographs - Finally, let's highlight our beloved Monographs. Please, just take a moment and admire this beauty right in front of you. Did you get a chance to participate in the contest yet?

Lastly, we wish to thank every single UPS general council member who has made this year special. Every highlight we mentioned above could not have been possible without the passion and dedication from members across multiple positions. Take a moment and refresh your mind as to who they are:

Executive Secretary
Senior Finance Commissioner
Junior Finance Commissioner
Senior External Affairs Director
Junior External Affairs Director
Events Co-Directors
Senior Athletics Director
Junior Athletics Director
Monograph Co-Editors
Pharmakon Co-Editor
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Pauline Tram
Clarence Lam
Nisha Gajaria
Rachel Anisman
Jakov Krezic
Tanner Warren
Vivian Tang
Joel Thomas
Paul Bansal
Steven Guan

Thank you again for the most amazing year!

Steven and Onella
UPS President and Vice President
ups@uoftpharmacy.com



PHARMACY

YEAR IN REVIEW

Intramurals

It's been another great year of intramurals. We had 9 championship wins this year, setting a new record for Pharmacy Athletics. We also welcomed a new team this year; the addition of Women's Field Hockey was a big hit among the Pharmacy ladies. We look forward for them to having another successful season next winter. Thank you to all of our captains this year. Without you, pharmacy intramurals would not have been able to run successfully.

OPA Hockey Cup 2018

Thank you to all of our talented players and enthusiastic fans for attending the OPA Cup in Waterloo. Waterloo won a hard-fought game 4-2, but UofT will start on the #RoadToOPA2019 early this year looking for redemption. Special shout-out to captain Spencer Martin for his exceptional leadership, and congrats on the Captain of the Year award.

Awards

Congrats to all of our MVP award winners this season, just a select few of the many tremendous pharmacy athletes we have in our faculty. Congrats to our big winners of the night, Jerry Boun and Elise DeFrancesco, who were the Jock McCrossan award winners earning the most athletic points over their four years at the Faculty. Well done Jerry and Elise.

That is a wrap on the 2017/2018 season. Thanks to everyone who participated in intramurals and the UPS Cup events. Shout-out to the Class of 2To for winning their 2nd consecutive UPS Cup by capturing titles in Tug-of-War, Curling Bonspiel, and the inter-class dodgeball tournament. Enjoy your summer and we look forward to seeing you back on the field/court in September.

Drugs on three,
Sylvia and Andrew
Sr. and Jr. Athletic Representatives
athletics@uoftpharmacy.com



ATHLETICS

CAPSI CORNER- PAM 2018

The month of March has been quite busy not only for CAPSI, but all pharmacy clubs across the Faculty! We are so excited to see the amount of dedication students have put into promoting the role of the pharmacist during Pharmacist Awareness Month (PAM)! In collaboration with UPS, we celebrated the start of PAM with the second annual “Wake up to PAMcakes” event. During this event, we were fortunate to have members of the Ontario Pharmacists Association join Dean Heather Boon for the ceremonious ribbon cutting to signify the beginning of PAM.

Over the past few months, our class CAPSI Representatives reached out to local pharmacies and schools to plan our PAM outreach events. With the help of student volunteers, we were able to reach out to several hundred members of the community! During PAM, we carried out two outreach programs: Kids in Medicine and Pharmacy Outreach Days (PODs).

- For **Kids in Medicine**, students visited local elementary schools and March Break camps to do presentations on handwashing, allergies, and smoking. The goals of the Kids in Medicine presentations was to teach children about various topics in healthcare to introduce them to the profession of pharmacy.
- This year was our second year carrying out **PODs**, and we tried to expand the program by placing a focus on chronic conditions such as diabetes and hypertension. Student volunteers hosted informational booths at local pharmacies to educate patients about the role pharmacists can play in helping them manage these conditions.

In addition to our outreach programs, we also held our third annual PAM interprofessional panel. We collaborated with the IMAGINE Clinic and UofT Institute for Healthcare Improvement and were able to have the event accredited by the Centre for Interprofessional Education to help students earn their IPE credits. Other notable events we held during March included the 1T9 Mock OSCEs, the CAPSI Symposium on Immunotherapy in Oncology, and the IPSF HIV/AIDS campaign. During the HIV/AIDS campaign, our IPSF representatives were able to raise over \$280 in support of the Canadian Foundation for AIDS Research. Last but not least, we hosted Toronto's Next Top Pharmacist. It is always one of the most anticipated events of the year, and this year's contestants did not disappoint! Congratulations to **Michael Reynen** (1T9) who was crowned Toronto's Next Top Pharmacist! Thanks to everyone who purchased tickets for the event, we were able to raise over \$500 for Casey House, Michael's charity of choice. We would like to thank our sponsors Pharmasave, TEVA and STI Technologies as well as members of the CAPSI subcommittees who made many of our events this term possible!

This year Nisha Gajaria will be stepping down as the Senior Representative after three years on council. We are so excited for Rachel Anisman to lead next year's 2018-2019 Local CAPSI Council as Senior Representative and to welcome Elaine Nguyen as the Junior Representative. We would also like to acknowledge our class CAPSI representatives Chris Chiu (1T9), Ashley Sharifara (1T9), Nick Chiang (2To), Daniela Fernandes (2To), Helen Liu (2T1), Elaine Nguyen (2T1) and IPSF representatives Alex Cerulli-K (1T9) and Juliana Lee (2To) for all of their hard work throughout the year. Thank you for an amazing year and we hope you enjoyed all the CAPSI events as much as we did!

Nisha and Rachel
Sr. and Jr. CAPSI Representatives



CLUB'S CORNER • *Pha*SST

PHARMACY STUDENTS GIVE BACK IN MEANINGFUL WAYS

Chris Chiu, rT9, PhaSST President



Balancing midterms, part-time jobs, and social lives is no easy task, yet pharmacy students still find time to give back to the community... in more ways than one. On behalf of the entire Pharmacy Student Service Team (PhaSST), I would like to extend our gratitude to the numerous volunteers involved in our initiatives.

PhaSST is a club that coordinates outreach opportunities for students in the local community. In doing so, our hope is to instill compassion and social awareness in our volunteers, which can be integrated into our future practices as pharmacists.

This year, we held a total of four Social Afternoon events at Kensington Gardens Long-Term Care Home. Most recently in March, our student volunteers welcomed local seniors into Spring by making craft bunnies and caterpillars with the residents. It was an enjoyable experience and the most rewarding part was

listening to insightful stories that the seniors have to share.

Many students are familiar with our Holiday Outreach Initiatives at the Yonge Street Mission (YSM), which is a local organization that services individuals and families living in poverty. While donating our time is invaluable, we wanted to give back in a more tangible way. This year, we organized our first ever food drive at the Pharmacy Building in support of YSM and it was a massive success. In total, we collected 74 donations throughout the week, which will replenish YSM's food bank that operates year-round. A huge shout out to everyone who contributed!

Stay tuned for future PhaSST events and keep up to date with us through Facebook (Phasst Uoft) and email (phasst.utoronto@gmail.com) for information on how you can get involved as an Executive Member for the upcoming year.

HORMONE REPLACEMENT THERAPY: CONVENTIONAL VERSUS BIOIDENTICAL HORMONES

Ersilia D'Andrea, 2To on behalf of Pharmacy Students for Women's Health (PSWH)

A recent University of Alberta study published this past summer cast a new light on the topic of hormone replacement therapy in women. More than two decades have passed since the U.S. National Institutes of Health revealed surprising data from their Women's Health Initiative study, started in 1991. The Alberta study re-examined this topic and shed new light on it regarding the impact of today's technology on the perception of hormone replacement therapy in women.

The landmark WHI study was composed of three clinical trials and one observational study, which focused on major health issues affecting morbidity and mortality in over 160,000 postmenopausal women aged 50-79 years old, such as cardiovascular disease, osteoporosis, and cancer. Before this study was performed, observational studies suggested that hormone replacement therapy in postmenopausal women prevented coronary heart disease and increased bone density. Although menopausal symptoms were alleviated by hormone therapy, trials were ended in 2002 for estrogen and progestin due to an increased risk of breast cancer and cardiovascular disease in participants, and in 2004 for estrogen alone due to an increased stroke risk without coronary heart disease benefits.

Later studies concluded that HRT can be used more safely in lower doses in younger women, but the WHI study led to a drastic drop in popularity of hormone replacement therapy to relieve menopausal symptoms like hot flashes and sleeplessness. Women wanted to turn to more natural sources of hormones in the form of supplements. However, the regulation of plant or animal-derived hormones is not well regulated or tested. Bio-identical hormone therapy (BHT), also known as natural hormone therapy, then entered the picture. Bio-identical hormones are synthesized hormones which are structurally identical to those already produced in women's bodies. They are sourced from plant extracts such as from yams and soy. Bio-identical estrogens include 17-beta es-

tradiol (decreases in menopause), estrone, and estrinol. Bio-identical progesterone is the same as progesterone, but modified through being finely ground to be better absorbed. Bio-identical estrogen and progesterone is indistinguishable on blood tests from those produced by the body, unlike other hormones such as the conjugated estrogens found in Premarin. The popularity and interest in BHT increased even more when celebrities such as Suzanne Somers encouraged women to use it.

The University of Alberta study examined websites, 59% of which were Canadian. The findings concluded that claims made on the internet about BHT were inaccurate and therefore misleading. Surprisingly, nearly half (47%) of the websites are from medical clinics and healthcare professionals including physicians and pharmacists who promote BHT as a more effective and safer natural alternative to conventional hormone replacement therapy. These low-quality sources claimed that BHT is associated with less risk of breast cancer, stroke, and heart disease. 99% of these claims were directed specifically at women, but also men (62%). They emphasized the usefulness of BHT to prevent aging, cancer, and hormone imbalance.

It is the pharmacist's responsibility to question where patients are getting information from about any health care product/medication, especially BHT products, considering this latest study and the tendency for people to turn to the internet for health information. It is always important to clarify erroneous information with them, and to take the time to provide them with up-to-date, trustworthy information about the medications that they are taking or are interested in taking.



Like our Facebook page to receive updates about PSWH events and current issues in women's health!

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

References:

<https://www.whi.org/about/SitePages/HT.aspx>

<http://www.health.harvard.edu/womens-health/what-are-bio-identical-hormones>

INTERVIEW • *Industry*

BEYOND THE PHARMACY COUNTER

Ersilia D'Andrea, *2To*

I had the opportunity to interview Dave Hallett, an epidemiologist working with Amgen who has insights into a career path that pharmacy students may not initially think of when contemplating how to put our pharmacy degree to use.

Position: Epidemiologist (remote contract position), although under Amgen, the exact title is Epidemiology Manager.

Company: Simulstat Inc. (staffing company) for Amgen Inc. I am employed by Simulstat and work for Amgen Inc. Amgen pays Simulstat, and Simulstat pays me.

Ersilia D'Andrea (ED): What does your job entail? (i.e. what is a typical day like for you?)

Dave Hallett (DH): I design, manage, and conduct epidemiologic studies in nephrology in the group called Center for Observational Research (CfOR) for Amgen Inc. The therapeutics that I predominantly support are cinacalcet and etelcalcetide (calcimimetics) for secondary hyperparathyroidism, and darbepoetin alfa (erythropoiesis-stimulating agent) for anemia in adult and pediatric individuals with chronic kidney disease and end-stage renal disease. I previously working in oncology, supporting denosumab.

To explain the process for one study, usually there is a global strategy for a given drug, followed by direction from the medical directors to decide on a study plan. Once a plan is set, it must be presented before a committee for feedback. If it is accepted, the next step is for me to write the study protocol, receive feedback and approval, and move forward. We then require agreement from all internal and external co-authors, which is logged into the compliance system. The study proceeds and I generally manage and oversee data management and statistical analyses as part of the process. Initial results can be submitted and presented (if accepted) as poster presentations at conferences; additional analyses may be performed, followed by the manuscript writing, editing, feedback, approval, and submission to the most appropriate journal ensues. The compliance system must be able to display and confirm

(with proof) significant contributions in writing from all authors; internal auditing and policing is extremely stringent.

I also support pharmacovigilance activities, which include benefit-risk evaluations, surveillance and risk management plans, drug safety reports, safety signal evaluation, and analyses requested by global authorities/regulatory agencies in accordance with regulatory requirements and standard operating procedures. We also utilize epidemiologic tools to better understand observed adverse event rates in populations of interest for a given therapeutic.

A typical work day is much like a day as a university student with no classes. Since I work remotely, I work on the projects that I am assigned. All meetings are done through Skype for Business (usually no video) where the presenter can share their desktop for meeting attendees to view.

ED: What have you found to be a challenging aspect of your job?

DH: Initially, the most challenging part was working on a therapeutic area that I didn't know very much about (like nephrology). Sometimes the lack of medical knowledge can be challenging, as well as understanding the mechanism of action for the therapeutics that I support. As far as the day-to-day work, it is sometimes challenging to work with little interaction with others for long periods of time. There are weeks without any scheduled meetings; this type of schedule can be a double-edged sword.

ED: What other types of settings have you worked in before, and how did they differ from this current work environment?

DH: I previously worked as a biostatistician in lupus research (Toronto Western Hospital) and ICU research (Mount Sinai Hospital), and as a methodologist at Cancer Care Ontario, and the Ontario Ministry of Health

... continued on page 10

INTERVIEW • *Industry*

continued from page 9 ...

and Long-term Care. The research positions were similar in that I was part of a research team with the focus of conducting original research studies to help improve decision-making in clinical medicine, public health, and healthcare policy.

ED: You have a background in epidemiology and actuarial science. Do you think that having a pharmacy background/training is relevant to this job? If yes, how so?

DH: Yes, having a background in pharmacy would be invaluable in this type of position. Several individuals with pharmacy backgrounds work in both CfOR, and other groups. In fact, my current manager who is an epidemiologist was trained in pharmacy and previously worked in

academia. I recently met a University of Toronto Pharmacy graduate (1990s) who is currently a senior manager in compliance with Amgen at the headquarters in Thousand Oaks, California.

ED: What advice would you give someone interested in this career path?

DH: If an individual with a pharmacy background is interested in this type of position, I would suggest taking as many courses that would teach principles of epidemiology and biostatistics, along with practicing and learning proficiency in literature searches and reviews. I would suggest a strategy that does not limit your geographical region. For example, even if you want to live and work in Toronto, I would create comprehensive profiles in LinkedIn, Indeed.ca, Indeed.com, etc., and begin to connect with recruiters and staffing specialists.

OPA CONFERENCE 2018

The OPA Conference is an annual event that brings together over 500 pharmacy professionals. This year, the OPA Conference will be taking place from June 7-9, 2018 at the Deerhurst Resort in Huntsville. The theme for the 2018 conference is "Connecting the Dots." It will allow pharmacy professionals to explore the future through research, advocacy and engagement. A large component of the OPA Conference is the opportunity for continuing education. The educational streams that will be offered at the conference this year are: clinical, leadership, business, and operational. The breakout sessions will bring in some well-known individuals in pharmacy from all over Ontario. One of the speakers is our Faculty's very own Kathy Vu, PharmD for Pharmacists Program Director. A new session for the 2018 conference that students can look forward to is Meet Future Leaders in Research. During this session, students will be giving a three-minute presentation on their research. The student who gives the best presentation will be recognized at the closing gala.

Of course, no conference is complete without social events! The 2018 conference features three social

events which will allow conference delegates to network with their colleagues. The first social event taking place is the Welcome Reception Ice Cream Social. At this event, conference delegates will have the opportunity to catch up with friends over delicious food, beverages and ice cream. The Friday Night Social Beach Party will take place outdoors under the starry Muskoka night sky and feature a live DJ. The Cocktail Closing Party will also feature live music and allow delegates to enjoy their last day at the conference before parting ways with their peers.

Registration for the OPA Conference is now open for both OPA members and non-OPA members. OPA members receive a \$100 discount from now until the early bird deadline on April 13, 2018. As a student and OPA member, you only have to pay \$375 for the entire conference program. Worried about costs? Subsidies are often offered by the Enhancing the Student Experience Fund at the Faculty to help you enrich your educational experience while being on a student budget. Don't miss this exciting opportunity to network with leading pharmacists and see what your colleagues from across Ontario have to offer!

SPORTS • *Basketball*

NBA SEASON RECAP

Julian Wong, 2T1

Much like how our semester has come to an end, so has the NBA regular season! As the top eight teams from the Eastern and Western Conferences gear up for the championship race, it's time to recap some of the biggest stories of 2017 and 2018.

Rookie Talent

The 2017 NBA Draft class has shown to be one of the most promising draft classes in recent memory. Players like Ben Simmons, Donovan Mitchell, and Jayson Tatum are already showing superstar potential. Other standout rookies include Lonzo Ball, Kyle Kuzma, Lauri Markkanen, Josh Jackson, Dennis Smith Jr., Bam Adebayo, Frank Ntilikina, and more recently, Markelle Fultz too. The Rookie of the Year Award will likely be going to either Ben Simmons or Donovan Mitchell. Ben Simmons has been able to achieve the promise of the process and lead the 76ers to their first playoff appearance in 6 years. Donovan Mitchell has also had an impressive season with the Utah Jazz. The 13th pick rookie has led his team in average points per game and has been one of the most clutch players in the league this season.

Losing on Purpose

Although teams like the Raptors, Rockets, Warriors, and Celtics were able to achieve incredible records, the bottom of the standings are becoming equally as interesting. Much like the intense race for first seed in each conference, there is an equally exciting race to last place. Teams like the Suns, Grizzlies, Magic, Hawks, Mavericks, Kings, and Bulls have purposefully tried to lose games for a better chance at the draft lottery. The team with the worst record in the NBA will have the highest chance at the first pick in the 2018 draft. Since the next rookie class is shaping up to be just as talented as this one, a better draft pick position will really improve the futures of these struggling franchises.

Most Valuable Player

James Harden has been having an unbelievable season with the Rockets this year - leading his team to the best record in the Western Conference. To be able to achieve this in the era of the "Big 3 Warriors" is an impressive feat and he will likely win the award of Most Valuable Player. Along with teammates Chris Paul and Clint Capela, the Rockets were also able to achieve their second longest winning streak in franchise history of 17 games. Likely runners-up to this year's award include Anthony Davis, LeBron James, and Kevin Durant. The results of the award will be highly anticipated by James Harden as he has already come in second place twice, to Stephen Curry and Russell Westbrook.

Most Improved Player

This season also saw the breakout performances of many players across the league. Victor Oladipo was able to turn himself into an all-star this year after being traded to Indiana last offseason. Once he was given the opportunity to leave OKC and lead his own team, he was able to outperform most predictions of his own play and lead his team to a playoff appearance. Other players who dramatically improved include Clint Capela, Kris Dunn, Steven Adams, D'Angelo Russell, and LaMarcus Aldridge.

Injuries

Unfortunately, the NBA season also saw a lot more injuries than previous years. Players like Gordon Hayward, Kawhi Leonard, Demarcus Cousins, Jeremy Lin, Isaiah Thomas, Zach Lavine, Stephen Curry, Kevin Durant, Markelle Fultz, Devin Booker, John Wall, Kevin Love, Jimmy Butler, Kyrie Irving, Joel Embiid, Tyreke Evans, Kristaps Porzingis, Mike Conley, D'Angelo Russell, Patrick Beverley, and Rudy Gobert were all unable to play a fully healthy season. This long list of prominent stars and valuable role players shows the extent of injuries experienced by players this year. These injuries have not only affected the playoff standings but they have also impacted the future careers of many of these players. One of the saddest and scariest injuries would be Demarcus Cousins rupturing his Achilles tendon. The recovery period will be a long and difficult one and there is also a possibility that the injury will be career altering. Hopefully teams will have a healthier playoff run.



THREE BILLBOARDS OUTSIDE EBBING, MISSOURI MOVIE REVIEW

Joseph Correia, 2To

Since Academy Award season has just passed, I thought I would take this opportunity to step away from reviewing a blockbuster/Marvel movie this time around and spend some time on a smaller film. I have watched most of the movies that were nominated for best picture, (I still have to watch *The Post* and *The Darkest Hour*), yet one of the biggest surprises of the season came from the movie that I was the least excited to see. Of course *The Shape of Water* won best picture this year, which was an excellent film and well deserving of the award in my opinion, however my favorite movie of the season was a little film called *Three Billboards Outside Ebbing, Missouri*.

Three Billboards tells a story of a mother who has suffered the loss of her daughter. In order to find the killer, she uses billboards on a deserted road to display controversial messages to force the local police to pursue her daughter's murder investigation. The mother is played by Frances McDormand, which won her the award for best actress at the Oscars this year. This award was perhaps the easiest to predict because this is one of the best performances I have ever seen for a lead male or female role. She was able to portray an intimidating and hardened woman, while simultaneously being able to convey the hurt and anguish she was feeling from the loss of her daughter. The acting was phenomenal all around and the film was able to win another Oscar through Sam Rockwell's supporting role. However, the reason this

movie fascinated me so much was because of how realistically it was able to capture the human condition. There are no "good guys" and "bad guys" in this film. Instead, there are actions that may be considered good or bad depending on the opinion of the viewer. This movie takes these movie tropes and really turns them upside down as the line between the protagonists and the antagonists becomes more blurred as the film progresses. For example, Sam Rockwell plays a racist cop and does unspeakable things in the movie, yet even he has moments of redemption. The journey of each character is simply fascinating and where they end up in the story is almost impossible to predict. This movie's twists and turns however are not for the sake of shocking the audience like some films tend to do, but instead make logical sense as the journey of one character completely shifts the motivations of another for better or for worse.

I really can't think of a negative thing to say about this film. It was acted and directed to perfection. It had moments of genuine comedy amidst the dark themes to prevent the film from becoming too emotionally weighting, and really intense and suspenseful moments to add excitement to a film that could have just been a sad drama. I highly recommend this movie as it is not your typical snore of an Oscar movie, but really has something in it for everyone to enjoy and be moved by.

Verdict: 5/5!!!

ENTERTAINMENT • *Music Recommendation*

OUR FAV STUDY BREAK MUSIC

We share the music that keeps us going through the exam season - collected by Michael Vu, 2T1

“No Surprises”

by Radiohead

WHAT - An alternative rock song with a soothing and upbeat melody that perfectly contrasts the melancholy of the lyrics. The song can be interpreted in many ways. To me the song is about the misery we feel living a life where we feel powerless and unfulfilled. It challenges our own perceptions what a perfect life is, and what will make us happy. It also is about how we may try to escape our despair by living with “no alarms and no surprises”.

SOUNDS - A sweet melody played by the guitar which is accompanied by the light and bright melody of the glockenspiel and soft vocals to give the listener the feel that they are listening to a beautiful lullaby.

LISTEN WHILE... ... needing a study break because you are questioning what you are doing with your life, or when you need something soothing to fall asleep to.

TYPE THIS INTO YOUTUBE - “no surprises radiohead.”

- Shelby Yiu, 2T1 -

“Father I Stretch My Hands”

by Pastor T. L. Barrett and The Youth For Christ Choir

WHAT - Famously sampled by Kanye West on the *Life of Pablo* album, the original gospel song was first recorded in 1973 and distributed locally out of Pastor Barrett's own church in Chicago.

SOUNDS - At the time, many prominent funk and soul musicians from Chicago attended Pastor Barrett's church, so this song is packed full of strong musicianship that keeps the song interesting over 7 minutes as it moves through its multiple segments and breakdowns. The 40-member strong choir steals the show with their impassioned delivery.

LISTEN WHILE... - ...you study and need some transcendent background music. I didn't think I could study to it, but it actually works very well!

TYPE THIS INTO YOUTUBE - “father stretch my hands pastor tl barrett.”

- Michael Vu, 2T1 -

“Solo (ft. Hoody)”

by Jay Park

WHAT - Jay Park is a well-known versatile singer/rapper in the K-pop industry. This song is one of his best works which is produced by Cha Cha Malone and features Korean R&B artist Hoody. With the clean and direct lyrics, it sings about a guy who wants to be with this girl and hopes she is single, but yet the girl is confused and unsure if he is sincere. .

SOUNDS - A very refreshing and popping tune that will have you grooving to the beat. It has the right balance of vocals and rapping from Jay Park to match the sweet melody. Despite the singer singing in Korean with few English lyrics here and there, the vocals and the melody really speak a thousand words.

LISTEN WHILE... - ... on a sunny day, during a study break, while driving.

TYPE THIS INTO YOUTUBE - “jay park solo.”

- Eisha Vijay, 2T1 -

My Dear Melancholy

by The Weeknd

WHAT - Following an 18-month famine of original music from Toronto's Abel Tesfaye (some may know him as The Weeknd), the world's ears and souls have been blessed with the masterpiece *My Dear Melancholy* that just dropped at the end of March.

SOUNDS - Classic Abel is bringing it back to his HoB/EoS/Thursday sound, with his signature dark themes and spine-tingling falsettos – the contents of this album are literally the only soundwaves that should be emitted through your headphones this month. Every song on this album deserves your time and in this short life you should appreciate every sound Abel has granted you with.

LISTEN WHILE... - ...crying, thinking about your cat that died 10 years ago, recovering after every final exam, in the car driving at night, in the shower while you're crying, getting roasted in Gen Med or thinking about that girl from kindergarten who wouldn't share her Lego with you. Seriously, you'll get mad feels so be prepared.

TYPE THIS INTO YOUTUBE - “my dear melancholy.” Also, “wicked games” just to get you into the mood.

- Amir Sadí, 2T1 -

HOMEMADE CHILI FOR THE FINAL HOMESTRETCH

Farhat Hossain, 2To

As final exams, EPE, and APPEs are just around the corner, many of us are probably not too keen on spending time in the kitchen. Well, your just in luck as this recipe takes 20-30 minutes (most of it is prep time) to make but can last you for a few days depending on your appetite!

Ingredients:

- 1/2 to 1 pound of ground beef
- 1 teaspoon of salt
- 2 teaspoons of black pepper
- 1 teaspoon of Paprika (optional)
- 1-2 teaspoons of Garlic (paste or minced)
- 1-2 teaspoons of Ginger (paste or minced)
- Green chili (optional)
- 1 cup of mushrooms
- 1 cup of red pepper (diced)
- 2 cups of spinach
- 1 cup of onion (diced)
- 1/2 to 1 cup of kidney beans
- 1 cup of chickpeas (optional)
- 1 tablespoon of vegetable oil or canola oil
- 1 can of tomato sauce (with or without added seasoning)
- Cheddar cheese (optional)

Cooking Equipment:

- Medium to large sized saucepan
- Wooden spoon (preferred as metal spoons can damage the cooking equipment)

Instructions:

1. Pre-heat the saucepan in medium to low heat.
2. Add 1 tablespoon of vegetable oil.
3. Add 1/2 to 1 pound of ground beef.
4. Cook for 5 minutes. Then add salt, pepper, paprika, garlic, and ginger.
5. Mix ingredients together with the wooden spoon. Cook for another 5 minutes.
6. Add onions, mushrooms, and red pepper.
7. Cook for another 10 minutes until the ground beef is a light-brown color.
8. Add tomato sauce, kidney beans, and chickpeas.
9. Cook for another 15 minutes with occasional stirring.
10. A bit of cheddar cheese can be added on top before serving.

This homemade chili recipe is great on its own or served with a piece of garlic bread or naan. Possible side effects may include staining of exam notes and flatulence depending on how much beans you use. Good luck on Final exams, EPE, and APPEs pharmacy. Enjoy your summer and see you again in September.



LIFESTYLE • *Recipes*

THE PERFECT CARAMEL FLAN

Deevya Ramasawmy, 2To

Flan is a delicious dessert baked over a lather of caramelized sugar so when inverted, a delectable golden sauce runs down the edges. While it is an easy recipe that does not require many ingredients, the bake and chill period do take up some time.

Prep time: 10-15 mins*Bake time:* 1 hour*Fridge time:* 4 hours*Serving:* 6 people**Ingredients for the caramel:**

- 1/2 cup of sugar
- 3-4 tablespoons of water

Ingredients for the Flan:

- 500 mL of warm milk
- 4 eggs
- 150 grams of sugar
- 1 teaspoon of vanilla essence (optional)
- 1 teaspoon of custard powder

Instructions to make the caramel:

1. In a pan, add 1/2 a cup of sugar and 3-4 tablespoons of water.

2. Let it cook over medium heat and stir until the sugar dissolves. When the mixture comes to a boil, stop stirring. Let it simmer until a light brown colour appears.
3. Pour the caramel mixture into a glass dish that is suitable for baking and let it cool down to room temperature.

Instructions to make the flan:

1. In a bowl, add the eggs, milk, 150 grams of sugar, vanilla essence and mix gently with a whisk.
2. Dilute 1 tablespoon of custard powder in some water (roughly 2 tablespoons) and add it to the mixture.
3. Pour the mixture over the hardened caramel in the glass dish.
4. To set a water bath, place the glass dish in a larger baking pan. Pour water in the larger pan to a depth of 1-2 inches depending on the height of the dish.
5. Bake at 350°C for 1 hour or until the center is set (the mixture will jiggle).
6. Remove the dish from the larger pan and let it cool at room temperature. Refrigerate for at least 4 hours.
7. To unmold, invert the dish onto a large plate and watch the caramel run down the flan.



Flan is a great dessert to enjoy on a summer night, especially when served cold. It is a light but filling dessert. Hope you enjoy this recipe as much as I do. I always find that one slice is never enough to satisfy my craving.

All the best on your exams Pharmacy and enjoy your summer! :)

LAHORE TIKKA HOUSE: RESTAURANT REVIEW

Sarah Bento-De Sousa, 2T0

Get ready to sweat! Lahore Tikka House is an amazing Pakistani restaurant in Little India, east of downtown right off the 506 streetcar. If you are looking for a fun and relaxing dinner for a large group, the dishes are great for sharing. I would recommend the Kebab platter and the chicken biryani if you've never had south-east Asian food, as it's a good place to start introducing you to the spices and flavours of the region. If you are a little more adventurous, I would try the Lamb Nihari which is a spicy dish. There are also plenty of delicious vegetarian options, my favourite being Bhatha (eggplant).

The most exciting part of the meal was the spicy grilled chilies that are brought to each table on a metal skewer every few minutes. It's a delicious addition if you want a little extra spice.

Let's not forget the best part, the NAAN. I cannot describe to you how good a buttery garlicky tandoori naan is fresh out of the kitchen. If I was stuck on a deserted island and could only bring one type of food, it would be those delicious naans.

If you are looking for a sweet treat to cool you off after all those spices, head across the street for feluna, a unique drink of yogurt, strawberries, vermicelli noodles and soft serve ice cream sprinkled with pistachios and walnuts. Or you could always have a simple Kulfi, a delicious and refreshing popsicle, perfect for after a spicy meal. A popular flavour is pistachio. So, if you are looking to have a meal out of your usual comfort zone I would recommend a trip to Lahore Tikka House. You won't be disappointed!



PHARMACY SHOUTOUTS

- 📣 Lots of love to Laurel for getting 10% of the class through MTM with her notes <3
 📣 shoutout to U for reinstating that no question is a dumb question
 📣 To PAM for blessing me with her exam notes!
 📣 To Vishal for showing up to class more often - woo! Commuting is a rough life, but it's always fun when you're around.
 📣 Shoutout to Dean Boon for supporting pharmacy students throughout the years. You'll be missed :(
 📣 To Laurel whose handwriting is so beautiful. You save us every time with your amazing notes!
 📣 To Narth who's always there to help. Your idea of putting together a big group for econ was brilliant - we killed it!
 📣 Shout out to the Raptors for impairing my exam studying time and teaching me how to respond to tight deadlines...
 📣 To Ersilia for being an amazing coeditor. I'll miss scavenging for articles last minute!
 📣 Shout out to the 2T1 Fac Reps Shreeya and JP, ...1/4 of this degree belongs to you guys <3 :)
 📣 Roses are red, violets are blue. Hedy Romero, I'm coming for you!

STUDYBREAK • Puzzles

SUDOKU!

Zahra Khan, 1T9

Guys put on your thinking caps. It's the last Sudoku of the year!

6	5			7	4			
4								2
		2			8			
					6	4		
		9				7		
		8	1					
			3			2		
8	2							3
			9	2			1	8

STUDY BREAK • *Puzzles*

#CONTESTTIME

Edward Ho, 2T0

With the semester coming to an end, it's only natural for one last contest. This month's edition of the Monograph features a chance to win **two tickets to the Royal Ontario Museum** (valid for any day visit until September 2, 2018). These tickets will include access to all the permanent galleries as well as the temporary exhibits that are available during your visit. Many will enter, but only one will win! Be sure to submit your answers to the Monograph box outside PB B150 or email us at monograph@uoftpharmacy.com

This Summer, two exhibits will be temporarily joining the ROM's galleries – ***Spiders: Fear and Fascination*** as well as ***Iris van Herpen: Transforming Fashion***.

Spiders: Fear and Fascination will feature over 200 live and preserved specimens. The interactive and augmented reality experiences include live venom-milking of some of the most venomous species found in the world. It's time to challenge your arachnophobia – literally. *Spiders: Fear and Fascination* will be opening on June 16th.

Iris van Herpen: Transforming Fashion will explore the possibilities beyond fashion, interweaving design, art, and technology. Featuring designs by the Dutch designer, this exhibit will showcase the 2008-2015 collections that have transformed traditional fashion and craftsmanship. Pieces to be featured include metal umbrella ribs, 3D printing, and magnets, worked in by leading architects, engineers, and scientists. *Iris van Herpen: Transforming Fashion* will be opening on June 2nd.

Name: _____

Circle one - Year: 1T8 1T9 2T0 2T1 Staff

Email: _____

1. The actress that voiced Snow White signed a contract where she would not be able to take on any additional roles throughout the duration of her acting career. (T / F)

2. There are five prominent dragons featured in How to Train Your Dragon. Please provide the corresponding species for each dragon.

Toothless _____ Stormfly _____ Meatlug _____
Barf/Belch _____ Hookfang _____

3. In the original Rugrats Pilot, Tommy's shirt was the colour _____.
What colour variant was Reptar? _____

4. In the Hey Arnold! Jungle Movie, this object was used to unlock the healing rain to cure the sleeping sickness.

5. Name the two baby care bears (one is pink, the other is blue). _____

6. The Original Poptart Cat is named _____. After this Internet Cat, came a chubby, grey tabby named _____, her sister _____, and brother _____.





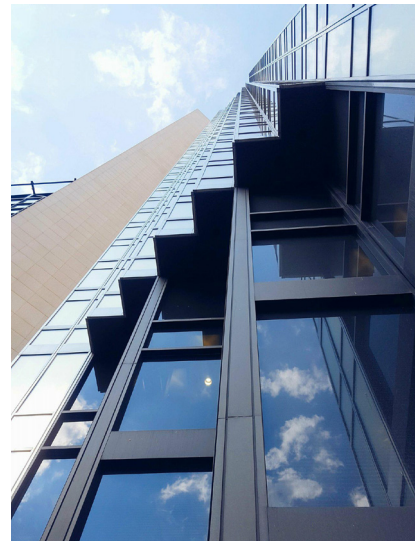
Behind the Lens



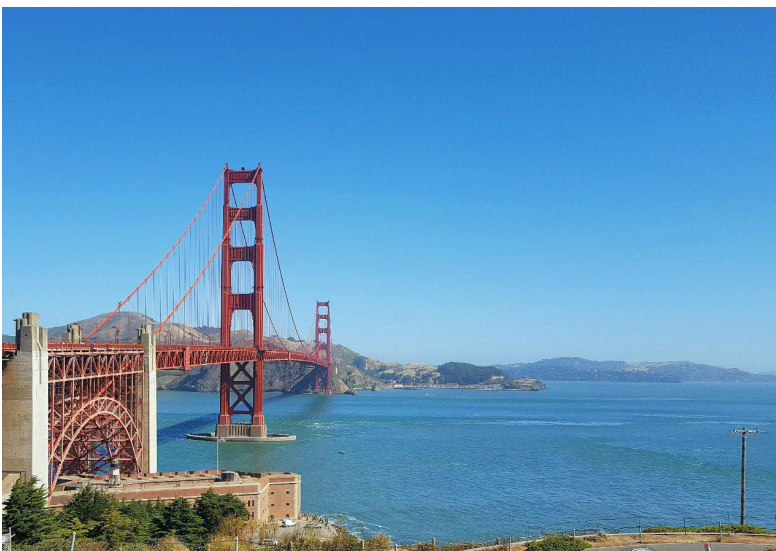
Foggy Lake
- Bailey Hogben, 2To



Longest Canopy Walk in
Africa (Lagos, Nigeria)
- Christine Nwosu, 2To



Looking Up
- Tammy Nguyen, 2To



Golden Gate
- Tammy Nguyen, 2To