

MONOGRAPH

Volume 23 Issue 1

FEATURED IN THIS ISSUE

Phrosh 2021

Healthcare
Conversations

TAKE A PEEK
INSIDE FOR SOME

Coffee Reviews

Recipes

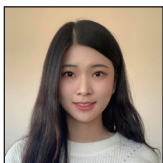
Poetry

& more!



prima

The Monograph Team



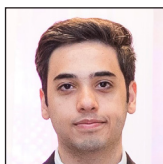
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Hello Phriends and Phamily!

We are so happy to present to you the very first issue of the Monograph this year! As we all transition back into school, we hope everyone had a chance to meet fellow classmates and faculty. As we transition into in-person learning, the Monograph will be brought to you not only digitally, but also in physical copies! Also, we'd like to officially introduce you to the 2T5 Monograph Representative, Ashish Gante!

This issue, we have handful of interesting submissions to present to you! Now is your chance to explore *Better Leadership Skills* by Quoc-Huy Pham (2T4). Check out *Important Conversations in Healthcare* by Shiasta Malik (2T2), where she discusses the significance of self care as health care practioners. Ashish Gante (2T5) and Joham Ahmad (2T4) bring you exciting stories from Phrosh week and reflections from last summer's EPE-1 rotation. In *LGBTQ+ centered care in Pharmacy*, PharmaPride extensively provides information on how we could provide better care as pharmacists.

There's a variety of reviews including books, movies, games, and recipes to warm you up during the cold weather. Still holding onto the summer? Runyang Yin (2T3) covers everything we need to know about cold brew coffee!

Thanks to all who contributed to this issue for making this year's digital and physical copy possible! If you wish to contribute to the Monograph, please reach out to us or your Monograph Reps, and stay tuned for our next Call for Submissions!



Eulaine Ma and Sally Jeon
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UPS Address



Welcome back to another UPS Address from your favorite dream queens!

To the incoming 2T5s, welcome aboard to the pharmacy family, or as we here call it “Phamily”. We hope you enjoyed yourselves all throughout Phrosh Week and got the chance to meet some of your friends and future colleagues. A huge shoutout to Kristy, Rachel and the Phrosh Planning Committee for organizing such a phenomenal Phrosh Week even in the face of many obstacles. Your passion and drive shone through. To all the upper years, we hope you are well-rested and ready to make the most out of an incredible year ahead, as we finally get the chance to see each other again!

With the school year off to a start, we hope you enjoyed yourselves at the UPS x CAPSI Welcome Back Picnics and Interprofessional Boat Cruise. If you had fun at those events then you’re in luck because we have many, many more events to come this semester, including the U of T vs. UW Soccer Cup, UPS Halloween Social, Lunch and Learns, Charity Week, and the UPS Holiday Party!

On November 19th, join us for our annual Phollies Talent Show to support your friends and classmates as they surprise us with hidden talents! More details to follow. And in the midst of all this, do not miss out on the opportunity to take part in various CAPSI competitions, like the PIC/OTC and Compounding Competitions in October. There is nothing better than seeing future pharmacists excelling in their natural habitat.

We look forward to seeing you at our events, and good luck on your midterms! You got this!



Christine Tan & Chelsea Alder
UPS President and Vice-President
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CSHP Who's Who

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Al-amin Ahamed, 2T4

Hey pharmacy! Have an interest in hospital practice? Looking for mentorship opportunities or internships with hospital pharmacists? Well, the Canadian Society of Hospital Pharmacists (CSHP) at UofT works to connect pharmacy students to these unique types of opportunities.

With many more exclusive benefits offered to pharmacy student members, a CSHP membership helps open up many new and exciting opportunities. There is a lot to navigate through, so it's important to get to know your CSHP Student Council for support. In this edition of the Monograph we present our annual CSHP Who's Who as a means to put faces on your go-to CSHP UofT Reps!

For more information on different events, membership benefits, conferences and grants, follow the CSHP-Ontario Branch on instagram @cshp_ob or check out our [facebook page](#) at CSHP at UofT. Looking forward to seeing you all at our future events or even joining as CSHP members!

Best,

Al Ahamed,

Communications Committee Representative

CSHP Student Council

CSHP Sr. Liaison: Arnold Ruste, 2T3

From Toronto, ON



Position and Role: CSHP liaisons (Junior and Senior UPS External Affairs Directors) are responsible for the organization and maintaining the CSHP Student Council.

Interesting things I have learned at CSHP events: CSHP events have provided ample opportunities for students to be able to inquire about the experiences of hospital pharmacists and hospital residents. I have learned that working in a hospital allows you to retain a strong clinical background in order to provide adequate care of our patients.

Something I am looking forward to: I am looking forward to being able to plan for in-person CSHP events that allows for students to be more engaged to speak with members of the hospital pharmacy community to ask their questions and to learn more about the sector.

CSHP Jr. Liaison: Cindy Wang, 2T4

From Saskatoon, SK

Position and Role: As the Junior CSHP Liaison, my responsibility is to assist Arnold in establishing communication and connection between the CSHP Ontario Branch and UofT student body.

Interesting things I have learned at CSHP events: After attending CSHP events, I learned about the various roles and responsibilities of hospital pharmacists! I enjoyed learning about "a typical day" as a hospital pharmacist.

Something I am looking forward to: I am looking forward to the Resident Speed Dating event where we can learn about the steps in becoming a pharmacy residents and talk to a variety of residents from different backgrounds!



CSHP Who's Who

Communications Representative: Al Ahamed, 2T4 From New York City, NY



Position and Role: I am currently the Communications Committee Representative. In this capacity, I work alongside the larger Communications team for CSHP-OB to create social media content for all our various social media profiles. Additionally, I submit monthly articles to the Monograph covering topics such as CSHP student benefits, this Who's Who article, interviews with hospital pharmacists and so much more!

Interesting things I have learned at CSHP events: I have learned about the many exclusive benefits CSHP offers to student members and pharmacists that help facilitate learning such as; travel grants, conferences, and internships!

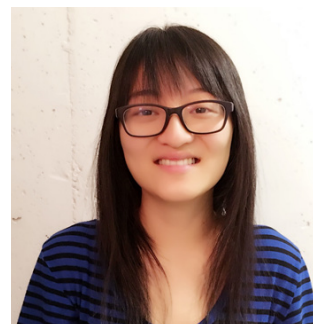
Something I am looking forward to: I look forward to providing prospective student members with the most updated information on events, awards and other opportunities to explore a career in hospital pharmacy.

Education Representative: Elaine Shang, 2T3 From Mississauga, ON

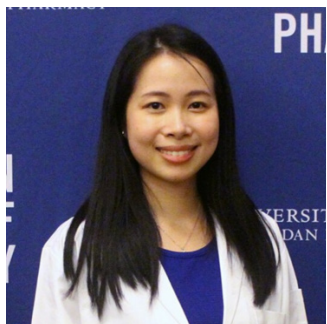
Position and Role: Hi! I'm the CSHP Education Committee Student Representative this year. I'm responsible for the provision and promotion of continuing education. I liaise with event speakers and plan education events. Additionally, I work with the existing CSHP Education Committee and assist in the execution of the 73th Annual General Meeting for the Ontario Branch which includes a series of educational sessions covering a wide range of therapeutic areas.

Interesting things I have learned at CSHP events: There are Non-direct Patient Care positions available for pharmacists in the hospital. Some examples areas include - Antimicrobial Stewardship, Drug Information, and Drug Use Evaluations - these positions would be a good fit for folks who prefer to have less patient interaction but still enjoy the acute care setting.

Something I am looking forward to: As the Education Committee Student Representative, I will be planning at least one residency talk or continuing education (CE) night. At those events, I look forward to seeing students who are curious about, and would like to learn more about hospital practice!



Awards Representative: Autumn Chen, 2T3 From Saskatoon, SK



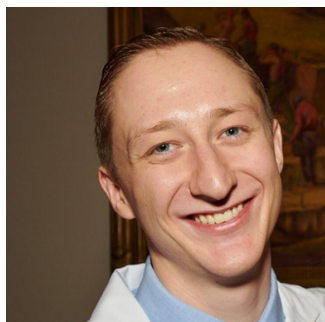
Position and Role: The Awards Committee Student Representative works with the CSHP Awards committee to review, select and present the Ontario Branch CSHP awards to qualified candidates. Awards are given for personal recognition, project grants, residency, and literary achievements.

Interesting things I have learned at CSHP events: Getting to hear about the roles and responsibilities of hospital pharmacists, how they collaborate with other health-care providers, and the educational and mentorship opportunities available at the hospital!

Something I am looking forward to: Looking forward to networking and working with CSHP members to plan exciting events to showcase the work of hospital pharmacists.

CSHP Who's Who

Membership Representative: Jacob Curtis, 2T3 From Waterloo, ON



Position and Role: As the Membership Committee Representative my primary role is to promote awareness of CSHP and membership, including the various benefits of CSHP membership and how to navigate the registration process!

Interesting things I have learned at CSHP events: All CSHP events allow students to gain a more intricate understanding of the role pharmacists can play in hospital practice.

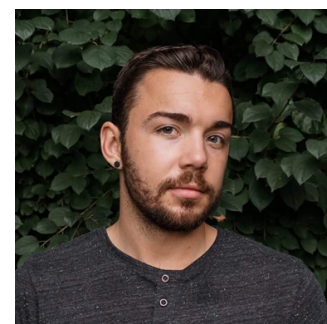
Something I am looking forward to: I am looking forward to helping students learn about the benefits of CSHP membership!

Metro Toronto Student Co-Representative: Garrett Myles, 2T3 From Kingston, ON

Position and Role: My role in CSHP this year is as one of the two, Metro Toronto Student Representatives. In this position, I will be working with Sandrine to help other members of the CSHP council to create and organize events that ultimately lead to a better understanding of hospital pharmacy among students. Additionally, Sandrine and I will be creating and hosting a speaker series featuring guest clinical pharmacists to highlight various aspects of hospital pharmacy.

Interesting things I have learned at CSHP events: After attending several CSHP events, I've learned that hospital pharmacy is truly just an umbrella term for many diverse opportunities to be involved in and practice as a future pharmacist in a more clinical setting.

Something I am looking forward to: Our speaker series in the Winter term!



Metro Toronto Student Co-Representative: Sandrine Bourgeois-Tardiff, 2T4 From Toronto, ON



Position and Role: As one of the Metro Toronto co-representatives, my role is to plan speaker series and organize interactive seminars that will feature various clinical pharmacists who can speak to their experience in hospital pharmacy!

Interesting things I have learned at CSHP events: CSHP events have taught me that there are many areas within hospital pharmacy, be it ambulatory medicine, internal medicine, oncology or even infectious disease! Learning about these different specialties was what enticed me to join CSHP!

Something I am looking forward to: I look forward to hosting fun interactive events where students can learn more about the different paths that can lead to hospital pharmacy! Can't wait to see you all there!

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LGBTQ+ CENTRED CARE in PHARMACY

BY: AL-AMIN AHAMED, 2T4

Contextualizing Disparities in LGBTQ+ Communities

For decades, the LGBTQ+ community has faced outward discrimination and inequities within healthcare. According to a study by Lambda Legal¹, 56% of 5,000 surveyed LGBTQ+ individuals reported at least one instance of discrimination from health professionals, including: refusal to provide service, refusal to touch patients, physically rough or abusive behaviour from a practitioner, use of harsh and abusive language, or being blamed for their health status. Through experiences like these, LGBTQ+ patients have historically mistrusted the healthcare system which has prevented them from seeking immediate medical attention. 24% of LGBTQ+ individuals are likely to report suicidal thoughts², more prominent in the trans community. 15% are more likely to take part in self harm behaviours³. This is significant compared to cis gendered heterosexual communities.

Why is it important for pharmacists to know about LGBTQ+ issues?

As the most trusted and accessible healthcare professionals, pharmacists play a significant role in representing the healthcare industry and ensuring that LGBTQ+ patients feel included and respected. For this reason pharmacists must be made aware of LGBTQ+ issues and topics surrounding providing culturally competent care within the community to help tackle these disparities.

Defining LGBTQ+

A major limitation in providing competent care is a lack of understanding of who is represented in the community. Knowing who constitutes the LGBTQ+ community makes professionals more aware of who

they are serving and how they can serve them better. LGBTQ+ is a shortened

acronym that comprises different sexual orientations, gender identities and gender expression. A more extensive acronym is LGBTTTQQIP2SAA,

though many versions with slight changes do exist that consist of many other orientations, identities and expressions. This acronym in particular stands for lesbian, gay, bisexual, transgender, transexual, queer, questioning, intersex, pansexual, 2-spirit, ally, and asexual. Admittedly, a majority of these terms are unfamiliar to many healthcare professionals and

cannot be assumed based on verbal or visual cues. Understanding them, and more importantly their differences from one another, can allow pharmacists to identify unique barriers faced by each individual to then provide a more informed level of care. The Human Rights Campaign provides a brief glossary on common terms used as identifiers in the LGBTQ+ community, but please note that this is not a comprehensive list of all terms. The Canadian Society of Hospital Pharmacists (CSHP) has also developed a list of key terms and LGBTQ+ organizations and resources that can be accessed for more information. While it may be impractical to recognize and identify all of them, it is rather more important to actively listen and respect a person's self-identified terminology.



Allyship in Healthcare

Allyship refers to individuals who are actively supportive of the LGBTQ+ community. Uncommon to mainstream knowledge is what allyship looks like in practice. Allyship is not limited to cisgender and heterosexual supporters of the LGBTQ+ community, rather it also extends to individuals within the community that are supportive of one another. An example of this would be a gay man who is an ally towards the trans community. In pharmacy practice, regardless of your sexual orientation, gender identity and expression, everyone and anyone can be an ally to support the wellbeing of all members of the LGBTQ+ community. From donating to LGBTQ+ research and organizations to employing inclusive practices in the workplace, pharmacists can play a pivotal role in reshaping the LGBTQ+ healthcare experience towards a more progressive, inclusive, reliable and positive one.

Delivering More Inclusive Care In Pharmacy Practice

You may be asking what a pharmacist can do in practice to promote a LGBTQ+ safer space. It's quite simple, educate yourself! A wide range of resources and courses are a Google search away from making a huge difference in the way we support the LGBTQ+ community. The Ontario Pharmacists Association (OPA) provides a comprehensive introduction to LGBTQ+ health through their virtual course. CSHP has also recorded a webinar that accurately addresses the stigma regarding LGBTQ+ care in pharmacy practice that can be accessed here. While these resources may be easily accessed, building a sense of urgency and open-mindedness to incorporate this way of thinking into pharmacy practice is wherein lies the challenges. Taking accountability to enforce these inclusive practices and ensuring the rest of your team prioritize them as well can help make healthcare more reliable and accessible.

PharmaPride at the University of Toronto is a pharmacy student-run organization that works to promote BIPOC and LGBTQ+ visibility, education and activism. You can follow us @pharmapride on Instagram to view our platform and learn about general LGBTQ+ FAQs through our 'Let's Talk' campaign. For a general approach to delivering competent care, check out the '5 Tips to Deliver LGBTQ+ Centred

Care' infographic. Let's continue to encourage a safer space and work to employ as many of these practices into mainstream pharmacy care!



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1. Lambda Legal. (2010). When health care isn't caring: Lambda Legal's survey of discrimination against LGBT people and people with HIV. Retrieved from http://www.lambdalegal.org/sites/default/files/publications/downloads/whcic-report_when-health-care-isnt-caring.pdf Hafeez, H., Zeshan, M., Tahir, M. A., Jahan, N., & Naveed, S. (2017). Health Care Disparities Among Lesbian, Gay, Bisexual, and Transgender Youth: A Literature Review. *Cureus*, 9(4), e1184. <https://doi.org/10.7759/cureus.1184>
2. Daniel, H., & Butkus, R. (2015). Lesbian, gay, bisexual, and transgender health disparities: Executive summary of a policy position from the American College of Physicians. *Annals of Internal Medicine*, 163, 135–137. doi:10.7326/M14-2482

Phrosh 2021:

A Test of Persistence

Ashish Gante 2T5

Don't you just love that feeling when you are walking around aimlessly because you can't find the place you are supposed to be at? If you know that feeling, that is exactly how my Phrosh started. It was a typical fall day at Trinity Bellwoods. The sun was out, but a manageable temperature. After roaming around a bit and looking for people who looked like pharmacy students, I was able to find a group of people wearing pink shirts, and most importantly - a lineup!

I remember being in the 2T5 Facebook group chat before orientation started. Orientation was supposed to take place in the last week of August (the week of the 30th), but I don't think there was a lot of interest just because some people were still working and others were not going to move to Toronto until later. So, everything that was initially planned for that week got moved to the following week. Only problem was, school was also starting the following week. Not only did the 2T4's have to deal with that, but also the fact that they were unsure if the events could happen in person or had to be online. So, before I detail my experience, I think the 2T4 council deserves a shoutout for the way they handled organizing Phrosh!

While some people might think, "What's the point of doing Phrosh when we already did Frosh during our undergrads?", I couldn't disagree anymore. I made some of my best friends in undergrad during Frosh and certainly did so at Phrosh as well.

The first day of Phrosh consisted of a bunch of ice-breakers as well as tie-dying T-shirts. It was a great way of getting to know everyone on my team and I was just happy to be able to see everyone in person.

The next day was Treetop Trekking and was definitely the highlight of the week for me. There were three courses that consisted of beginner, intermediate and advanced. I had my eyes on the advanced course and was happy to be able to complete it - especially because it required more upper body strength than the first two courses. Later in the evening, we were all able to enjoy



food and drinks at The Porch. I had always seen a lot of my friends post stories of themselves there so I was happy I was able to return the favor.

One of the more underrated parts of Phrosh was actually the Scavenger Hunt. Although I have been in and around Toronto and would say I know Toronto really well, I could not say the same thing about the UofT campus. It was definitely cool to see the different types of buildings on campus and the various activities associated with them. I also want to add in that your team got more points if they took unique photos at each location. Obviously, I thought the photos that our team (Brilliant Bisacodyls) took at each location were the most creative - no bias of course!

Thursday consisted of meeting my Big sib. We went to Snakes and Lattes, where I was able to meet other Big sibs and their Lil sibs. We played various board games including Resistance, which I really liked because of my competitive nature. Although we had classes on Friday morning, I was super pumped about the boat cruise in the evening as I would not only meet other 2T5's but also see some of my Waterloo pharmacy phriends who I had not seen in a while!

After hearing the experiences that the 2T4's had from their (mostly online) orientation, I was so happy and grateful for the experience I and the other 2T5's were able to have and got me excited about potentially helping organize next year's Phrosh!



EPE-1: RETROSPECTIVE

Joham Ahmad, 2T4

On June 7th, 2021, I started my EPE-1 placement at a Shopper's Drug Mart pharmacy. Having little prior exposure to the profession, many concerns loomed over me. Now, 4 months later and working part-time at the same pharmacy, I would like to share some insight I've gained through my experience so far.

Advice for first years before EPE-1:

You do not need prior pharmacy practice before EPE-1 – that's the entire purpose of the placement! It's completely normal and expected to spend the first week just familiarizing yourself with the pharmacy practice management system (ex. Delta, Kroll, HealthWatch), and the pharmacy workflow. There is a big difference between being a student on placement and being a pharmacy assistant. As a student, don't focus on solely performing routine tasks. Rather, explore, observe, and ask questions at every opportunity. For example, if a pharmacist is administering a vaccine, performing a MedsCheck, or counselling, request to observe the interaction. There is great benefit in observing and taking notes. Finally, take risks (within reason). EPE-1 is the time to have your "firsts"; first resolution of a real drug information question, first time counselling, and first time being at the forefront of the healthcare system. The sooner you dive into these practices in the comforting presence of a pharmacist, the sooner you'll feel confident in performing them without pharmacist supervision.

Takeaways from EPE-1:

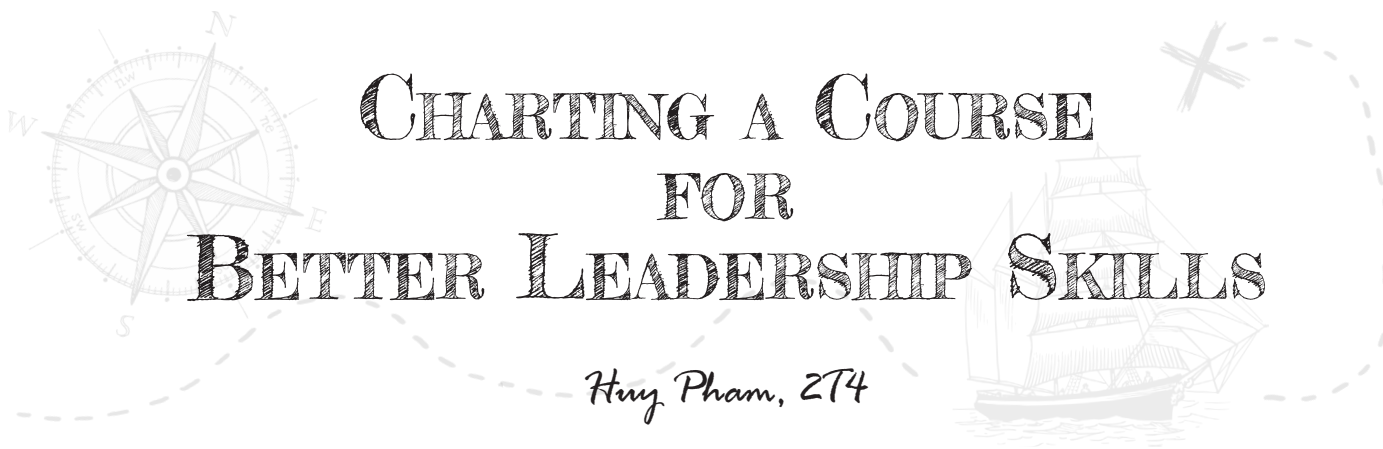
You've probably heard this everywhere, but it becomes crystal clear once you've seen it firsthand: pharmacy is much more than filling prescriptions. From something as routine as daily counselling, to administering the COVID-19 vaccines, the scope of practice for pharmacists is a testament to their irreplaceable contribution to healthcare. In fact, the knowledge and abilities held

by a pharmacist are so vast that it has intimidated me on more than one occasion. Over the course of EPE-1, I cannot tell you how many times I've had to defer to the pharmacist and quickly realized that in a couple of years' time, that would be me. I am continuing to learn what it takes to bridge the gap between EPE-1 practice, and a licensed pharmacist's practice. For starters, as future pharmacists, we need to critically analyze our contribution to all steps of the medication use process: prescribing, transcribing, dispensing, administering, and monitoring. While the majority of my daily tasks in EPE-1 were centered around transcribing and dispensing, I noticed that the pharmacists were always ready to detect prescribing errors, and were mindful of following up with their regular chronic disease patients to see the progression of their treatment. Adjunct to these responsibilities, the accessibility of pharmacists naturally yields many questions about OTC medications. It has been a delightful ongoing experience to witness how flexible my pharmacists' minds are – they could bounce from sorting out billing issues and performing rapid antigen tests to answering questions about children's allergy medications, without skipping a beat. While for long-practicing pharmacists this is second nature, as a student I recognize that the journey to get to that point involves applying all kinds of course concepts to clinical settings. Finally, a more subtle yet important point is the significance of remembering patients. Whether you recognize the patient's face from the drop-off counter, or the patient's voice from a phone call earlier in the day, it makes a difference to acknowledge this relationship at the pick-up counter. I have received dozens of smiles (or at least smiling eyes, above the mask) from patients at the pick-up counter who are cut short of re-introducing themselves as I say, "Oh yes, we spoke earlier!" It's a sign that patients are being cared for and a reassurance that their medication needs are, indeed, being treated as a priority.

Looking forward to EPE-2:

While it's nice to work part-time at a pharmacy to prevent my acquired skills from becoming rusty, placements are vastly different from these short shifts. EPE-1 was an immersing experience, and I anticipate the same for EPE-2 and beyond. For EPE-2, depending on the community's needs, I am excited to administer vaccines. I also look forward to constantly learning about billing,

so that I can become more independent with processing claim errors encountered on a daily basis. Finally, as plain as it sounds, I truly look forward to expanding my counselling skills. As an advocate for life-long learning, pharmacy is a profession that will keep me re-evaluating my practice, and the EPE placements are just the beginning.



Plotting a course to the summit

There are various definitions and descriptions of leadership. The pharmacist Andrew M. Peterson describes leadership as “the ability to influence the actions of others [that] is based on the interaction of three elements: the leader, the person or persons being led, and the situation in which both coexist”¹, while the medical doctor Ronald Vender defines it as “a combination of position, responsibilities, attitude, skills, and behaviors that allows someone to bring out the best in others, and the best in their organization, in a sustainable manner”². Leadership is often compared to management, with the former pertaining to direction and change and the latter to procedures and complexities. In addition, there is a debate as to whether leaders are a product of nature or nurture. As a proponent of the idea that leaders are, to a certain extent, made, a professional education event such as the 2021 Phi Lambda Sigma Leadership Summit would be appealing. Taking place from June 21 to June 26, the conference intended to have those involved in pharmacy to develop as a leader as well as to help them set out and navigate toward success.

I had first heard of Phi Lambda Sigma from a Healthcare Keynotes Meeting that featured Professor Zubin, where he mentioned a workshop by a UBC chapter of this society that was occurring on March 31. During

that workshop, I learned a lot about my own leadership style and how to engage with people who have different leadership styles. Afterwards, I did a little digging into the Phi Lambda Sigma Pharmacy Leadership Society. From there, I found out about the leadership summit, and my somewhat fiscally-irresponsible self had decided to register for this six-day summit.

Weigh anchors! We embark at ... 6 PM EDT

The conference begins enthusiastically with a keynote speech by someone with a very impressive curriculum vitae, the “Fit Pharmacist” Adam Martin (who should have opened up with “Are you ready, kids?” given the nautical theme of the conference and him wanting us the audience to shout “Aye aye!” later in the presentation). The anchoring thesis of this speech deals with the question of, in his words, “what if your biggest burden was your biggest blessing”; that is, how to be a leader who finds opportunities in one’s adversity. Adam states one needs to reverse one’s perspective from that of a victim who says “this happened TO me” to that of a victor who says “this happened FOR me”. In order to do so, there are three important decisions one must make: what is the main focus, what does this mean, and what is one going to do. One concept that stood out was momentum and the success cycle. This, he claims, is why the “rich keep getting richer”. Basically, one begins with

a positive belief in oneself. This enables one to obtain one's unlocked potential. This potential will drive one into action, producing positive results. These results reinforce one's certainty and confidence, which will increase their potential and so on.

Finding your leadership voice

The next educational session begins with a discussion about intelligence. The speakers separate it into three intersecting categories: personality intelligence, which focuses on one's self-awareness; emotional intelligence, which focuses on others-awareness; and skill intelligence, which focuses on tasks. Having a high personality, emotional and skills intelligence is core to leadership. They then moved on to the topic of a support-challenge matrix, where a high level of support and challenge creates a liberating culture of empowerment that ensures that individuals can reach their highest potential. However, as a result of their "voices", people have a natural tendency towards either the high support-low challenge, protecting a culture of entitlement, or the low support-high challenge, dominating culture of fear. Thus, it requires effort to attain a culture of liberation. Afterwards, they introduce the idea of leadership voices. The model is based on the Myers-Briggs Type Indicator, converting the sixteen types into five different leadership voices that everybody has to varying degrees, with one serving as the dominant voice. These five leadership voices are the Nurturer, the Creative, the Guardian, the Connector, and the Pioneer. Each voice is a "champion" of an aspect of leadership. For instance, the Nurturer is described as a champion of people and relational harmony, while the Pioneer is described as a champion of problem-solving and strategic vision. There are also some helpful insights for each leadership voice and tips on what is to look out for and how to empower each individual voice. The session ends with an exploration of what can happen to the leadership voices when placed under stress, which are referred to as "weapon systems". For example, a Guardian might act as an "interrogator", trying to "break down" their staff.

Toolkits to chart your path

The rest of the conference covers a variety of tools one could use to reflect on and improve upon one's leadership style. A noteworthy tool is the 5 Gears tool proposed by Jeremie Kubicek and Steve Cockram. As the name implies, we operate at one of these gears. The first gear (Recharge Mode) refers to disconnecting from

work and taking a rest, the second (Connect Mode) to time spent being present with friends and family, the third (Social Mode) to social interactions with work colleagues, the fourth (Task Mode) to time spent multitasking, and the fifth (Focus Mode) to when one is intensely focused on a single task. The key takeaway is that in order to have fulfilled personal and professional lives, one needs to balance the times at which one spends at each of five necessary gears — spending too much time at a single gear results in diminished resiliency and productivity as well as harming interpersonal relationships. Another intriguing tool is the 70/30 Principle, where ideally, one dedicates 70% of the time towards natural strengths or areas of passion while the remaining 30% towards learned behaviors or activities that can be done but are draining. If one were to invest too much time on one's natural strengths, growth stagnation would occur, while too much time on learned behaviours would result in decreased motivation and energy. Reassessment of how time is allocated should be performed on a weekly or monthly basis.



PHI LAMBDA SIGMA

PHARMACY LEADERSHIP SOCIETY

One other useful tool is the "Who Says You Can't" tool, where one identifies the internal factors (inhibitions) and external factors (prohibitions) that prevent one from doing something. Inhibitions are usually associated with fears and uncertainties, and prohibitions are related to the law, policies, and safety. After identifying those facts, the next step is to eliminate them. This can be done by liberating oneself to take charge of the former and identifying opportunities for the latter.

Then there's the X-factor tool, which is practically the Eisenhower Matrix turned 45° clockwise (even if you have never heard of the Eisenhower Matrix, you likely employed it when you prioritize your time based on importance and urgency). The main takeaway is that

some tasks are not getting the deserved attention, some are getting unnecessary focus, and some are best delegated to someone else.

Island hopping along the innovations

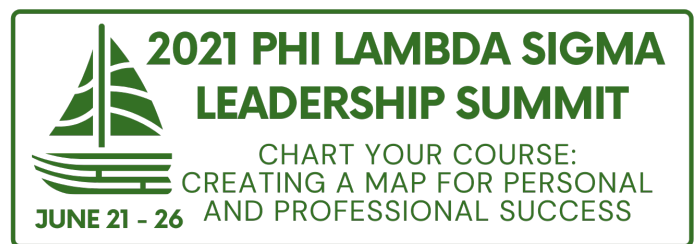
One feature of the conference is the Chapter Innovation Poster Session, in which chapters of Phi Lambda Sigma submit a poster to share their projects and events with other chapters. Some of the projects presented at these sessions may have some semblance of familiarity for a typical UofT pharmacy student. For example, a presentation by North Dakota State University called the “North Dakota State University Residency Workshop” is essentially Residency Night and the objective of a project by West Virginia University School of Pharmacy called “CareerFlix: An Interprofessional Video Series to Engage Prospective Students” is analogous to the overall goal of a certain outreach committee (though a video series showcasing the different health professions is a fascinating notion to consider). The idea of leadership retreats, presented individually by pharmacy students from the University of Mississippi and University of Pittsburgh, does elicit some interest. Focusing on Mississippi in particular, the retreat has development workshops, networking opportunities, and leadership panels.

Land ho!

By the end of this six-day journey, I believe I’ve gained a wealth of information about leadership and developed as such. The toolkits showcased during the summit may prove very useful and applicable in the future. I look forward to any future events and workshops hosted by the Phi Lambda Sigma society.

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UNIVERSITY OF TORONTO
STUDENTS' UNION

Hello all,

My name is Dami, your UTSU Representative.

Health Plan =    Dental Plan = 

Today I want to talk about the UTSU student HealthCare Plan. As a University of Toronto student you are covered by the UTSU Health and Dental plan, (unless you have opted out). This means that you are covered for a variety of healthcare related expenses. These expenses include: mental health coverage, where you are covered up to a maximum of \$100/visit and for 15 visits in total; prescription drug coverage of up to 80% of eligible prescriptions to a maximum of \$5000 per policy year; vision care which includes an eye exam, discounts on eyeglasses and contact lenses, and even savings of up to \$200 on LASIK laser eye surgery; physiotherapy, massage therapy and chiropractic therapy coverage of \$30/visit and up to 20 visits a year. For more information on your health coverage you can go to https://www.studentcare.ca/rte/en/IHaveAPlan_UTSU_Home to learn more!



LE NOUVEAU PROGRAMME DE PHARMACIE EN ONTARIO

Huy Pham, 2T4



During the past summer, the University of Ottawa announced the creation of the new School of Pharmaceutical Sciences, adding one more school to the ten currently operating in Canada. This school has the designation of being Canada's first pharmacy program to be delivered in French outside of Quebec. The creation, according to the Dean of the Faculty of Medicine Bernard Jasmin, "demonstrates [the] sustained commitment to la Francophonie" and "aligns well with [the] strong tradition of excellence in education and research". Of course, the city of Ottawa is practically at the border between Ontario and Quebec. Still, the campus (the Faculty of Medicine in particular) is located on the Ontario side of the border. The school was established in response to the high demand for Francophone and Francophile pharmacists to provide services for Francophone communities, as the university estimates that by 2026, an additional 750 Francophone pharmacists are needed in pharmacies outside of Quebec. Thus, this program is primarily aimed at Francophone and bilingual students in Canada.



Roger Guindon Hall, the future site of the uOttawa pharmacy program

The university does have the infrastructure to facilitate this French-language PharmD program. It prides itself as Canada's largest bilingual university, with entire courses and programs offered in French. As for the capability to run a PharmD program, the Faculty of Medicine, who will be responsible for the School of Pharmaceutical Sciences, is located near the Ottawa Hospital's General Campus and the Children's Hospital of Eastern Ontario, possibly serving as some of their teaching hospitals for pharmacists. In addition, students at the University of Ottawa already have access to the online resources of RxTx and RxFiles. Although they do not yet have access to AccessPharmacy, they can access AccessMedicine, which shares some resources such as the 13th edition of Goodman & Gilman's *The Pharmacological Basis of Therapeutics* and the 8th

edition of *Clinical Ethics: A Practical Approach to Ethical Decisions in Clinical Medicine*. Students at uOttawa may utilize the nearby Health Sciences Library, which has a collection that includes *Pharmacy Practice* by Jason Hall, *The APHA Complete Review for Pharmacy*, and *Community and Clinical Pharmacy Services: A Step-by-step Approach*, as well as the Morisset Library at the main campus, with pharmacy resources such as *Oxford American Handbook of Clinical Pharmacy* (which is also available at the uOttawa Bookstore where I got my own personal copy), *Martin's Physical Pharmacy and Pharmaceutical Sciences*, and *The Organic Chemistry of Drug Design and Drug Action*.

The admission prerequisites are the usual requirements: the completion of at least two years in a full-time undergraduate program, prerequisite courses in science, humanities and math, and the CASPer test. However, prospective applicants must also demonstrate that they can follow a French-language university program and can work in a bilingual environment. Judging from the requirements at Université Laval and Université de Montréal, it may require a test to assess one's proficiency in the French language. There is also an admission interview that will likely be in French.

There are hopes that the Ontario Ministry of Education will approve this proposed program in the coming winter and the school plans to accept its first 50 students for the Fall 2023 semester. The school is also recruiting adjunct professors for the program.



A selection of books available at the Health Sciences Library



Important Conversations in Healthcare

By: Shaista Malik, 272 Class Representative

During the summer of 2020, I had my first two APPE blocks at Toronto General Hospital in the departments of general internal medicine and the ER as part of my institutional placement. I learned a great deal during this time, as it was a great opportunity to refresh my knowledge of conditions learned during years 1 to 3, and to learn about new conditions. From pulmonary hypertension to spontaneous bacterial peritonitis, sepsis and managing GI bleeds, I was faced with the task of optimizing therapy for my patients with such conditions. Though it was difficult at times to grasp various concepts at once, I left my placement with more knowledge about conditions than I had ever thought I would learn.

One of my favourite parts of my institutional placement was conducting BPMH's and meeting my patients. My time meeting my patients was memorable and I looked forward to speaking with them. However, despite the enjoyable interactions I had, at times I was left feeling a deep sense of sadness. During my time at TGH I came to the realization that there are often situations we face as healthcare workers that are not given as much attention. After visiting my patients and reflecting on the

conversations I would have, I often left with a sinking feeling after finding out more about their conditions. Some of my patients would be end of life and unresponsive to their treatments, particularly in the context of cancer. As I reflect on these experiences, there are some patient cases I would like to share.

I once met a 90-year-old female with bladder cancer who was admitted due to worsening abdominal pain. There was a moment during our interaction when I was putting the vials she had brought back into her bag. I was struck by how appreciative she was of me conducting this simple act which was surprising to me as I thought of it as common courtesy. I walked out of her room in awe of her kindness. The next day I was following up on my patient by reading her chart for any updates. It gutted my throat to read that the palliative care doctor was paged the evening since it was thought the patient may pass overnight since it was found that the patient's abdominal pain was due to the spread of her cancer. After reading this, many emotions rushed through. My heart starting racing and I felt my eyes starting to tear. Although I had only known this patient for the day, I felt as if I had known her for a lifetime. I had to take a

break from my work to process what I had read before I carried on with my work.

There are many such patient cases I was assigned to work with during my time for which I experienced the same emotions. Another was a 28-year-old male who was in palliative care and had metastatic lung cancer. It was difficult for me to process that someone only a few years older than me was lying in a hospital bed with cancer. That evening I could not stop thinking about my patient and what him and his family had been through. After talking to my friends about how I felt, they expressed the importance of gratitude in such a situation and being thankful to be in a situation where I could be a small part of my patients care.

Although we may face difficult situations in healthcare, it is important to recognize the important role we play. With this however, it's essential to remember that you cannot pour from an empty cup. We must take care of ourselves first in order to take care of others. It is important to have a safe space with friends and family to be able to discuss what you are experiencing. There are also many resources available that are offered by hospitals, mental health organizations and other agencies in Ontario. Below I have listed some of these resources for you to familiarize yourself if you or a colleague are ever in need of support. It is most important to know that you are never alone.



One takeaway from the experiences described above is the importance of taking care of your mental health in a healthcare environment. I often felt alone in my emotional experiences and sometimes did not know who to turn to. Now more than ever we are faced with difficult situations particularly in the context of the COVID-19 pandemic. Through this piece, my goal is to articulate the gap in healthcare in conversations about mental health. According to Statistics Canada, seven in ten healthcare workers reported worsening mental health during the COVID-19 pandemic. As evident through these astonishing statistics, now more than ever it is crucial to learn how to cope and where to go when we are faced with emotionally upsetting experiences which can unfortunately be so common in healthcare.

CAMH: <https://www.camh.ca//covid19HCW>

Ontario Psychological Association: Call 211 if you are a frontline provider in need of mental health support

For the Frontlines: You can access support by texting FRONTLINES to 741741

To conclude, I want to end with a positive note. Being a healthcare professional - particularly during the pandemic - is an important and honourable position. There are so many rewarding aspects of healthcare that we are lucky to be a part of. We are healthcare heroes, and it is our job towards making the future better and being there for our patients. Always remember, your emotions are valid and as important as the care you provide.



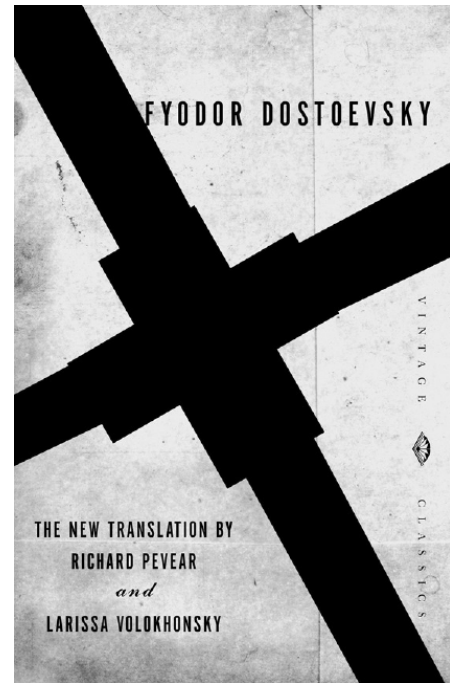
A BOOK REVIEW:

Fyodor Dostoevsky's The Idiot

By: Ayub Hashi, 273

Reading is an enjoyable pastime but was something I had lost interest in for many years. With ample free time to engage in new hobbies because of the pandemic, reading surged back as a new way to let the long summer hours go by. Of the books I read this summer, 'The Idiot' by Fyodor Dostoevsky was a novel that was equal parts enjoyable and long. Of the novels by the author, 'The Idiot' is more light-hearted than their other works and is full of frequent interactions between the large cast of characters. This dramatic and inquisitive novel follows the protagonist, Prince Myshkin, who has been pushed into a world of drama in Russia.

Prince Myshkin has been receiving medical care in Switzerland for his epilepsy and is now free to return to Russia. With the goal of meeting with a distant relative, Myshkin sets off on the long train ride home where he has a chance encounter with Rogozhin, a man who has inherited significant wealth. The encounter of Rogozhin and the aristocratic family Prince Myshkin sets the stage for all the drama the novel has to offer. Connecting all of these radically different parties is Nastasya Filippovna, a theatrical character whose strong character and rash decisions act as a pivot for the direction of the story. With a dynamic array of characters of varying personalities all interconnected, it brings about some of Dostoevsky's best dialogues in large group settings. The excitement and humanity in these large scenes are set up with characters that are a far cry from typical interactions. This allows Dostoevsky to create intriguing



insights between the lines on the various types of love, innocence, and religion.

One thing to consider in this piece is how Prince Myshkin is portrayed and is one of my favourite elements of the novel. Myshkin, compared to other characters in the novel, is the most innocent and compassionate individual. Myshkin's perspectives on many topics, whether they are grounded with significant reason or intuition, still leaves the Prince being called an idiot by the other characters. The Prince in the novel takes positions that the author aimed to represent our incompatibility with a perfect sense of compassion for one another. I would read a passage and consider an idealistic approach to an interaction, which Myshkin would carry out in an exact manner or show more shy compassion regardless of company. Myshkin's goodness is the brightest light in the novel and makes one wonder how he would take the steps to light up a room he's in.

With a wide array of characters representing traits ranging from lustful, vain, cynical and playful, their interactions with Prince Myshkin make this long book a book that is hard to put down as he attempts to shape their perspectives as much as they jostle with his. With tidbits of philosophy, history, and social commentary, there is something to enjoy for every reader. I would recommend this book to anyone that enjoys the interactions between many characters and the dynamics of Russian literature.



The Seventh Seal Review

By Moid Shah,
2T3 Monograph Rep

Death follows you everywhere and you can't defeat it. At least this is my interpretation of the 1957 classic by legendary director Ingmar Bergman. The movie takes place in Sweden during the black plague and it starts with the main character being confronted by death, who is here to claim his life. Our protagonist offers to prolong his fate by playing a game of chess against death. Death agrees. The rest of the movie follows an array of characters, including a jester, his wife and their small child, and townspeople that the main group of characters encounter as they travel throughout the film. Is the movie the most fun to watch during a pandemic? Probably not. But what I find so interesting is how bravely the movie explores such complex themes, and masterfully tells a story that makes you appreciate life and death.

What makes it enjoyable as well, is the different cast of characters that are introduced who each have their own unique personalities. There is a jester who brings joy and entertainment every time he's on screen, but in some ways is also a fool who is easy to take advantage of. He and his family represent a sort of beauty and innocence of vitality and life. The main character, who has regrets that he has to come to terms with now that he's near the end of his life, seeks answers from both his church and death himself. He doesn't get any. This movie is in black and white, but that doesn't prevent it from being visually interesting and innovative. The perspectives that characters are framed in and the set pieces that some of the movie takes place in really accentuate the story that is being told. As much as I enjoy how much modern films are able to pack into a shot, and give your eyes constant stimulation, I appreciate how a film like this has you slowly follow the characters and take in what they're saying and what they're experiencing.

I wouldn't say this is one of my favourite movies, the age of this movie is definitely evident, and I don't love some of the sound mixing and the pace can drag at times. I would still recommend this movie just because of how explicitly it asks questions, or says a theme so that the audience can digest it and come away with their own interpretations. A lot of modern cinema spoon-feeds the audience, or caters to a short term enjoyment that has only heightened in the age of streaming. It's nice to watch something every once in a while that you can think about well after the movie is over and even have a discussion about. That being said, there are many contemporary movies that deal with similar themes that readers may find easier to digest. For those interested in more recent movies that go over similar themes of religion and mortality, try *The Revenant*, *Silence*, and *The Irishman*.

If I were to rate this movie overall I would give it a 7/10. Watch it, but maybe watch the trailer first so you know what you're getting into. Otherwise, enjoy... while you can 😊.





FINAL FANTASY III

PIXEL REMASTER REVIEW

By Amar Deonandan, 2T3

Final Fantasy is a game series that is no stranger to any RPG fan. While most of us are familiar with Cloud's legendary adventure in Final Fantasy VII, there are many older Final Fantasy games which can be appreciated for bringing Final Fantasy to the franchise it is today. One of these core classics is Final Fantasy III which recently, along with Final Fantasy I and II, received a Pixel Remaster. This gives new and old fans alike the ability to experience a modernized take on the game as imagined on the Nintendo Entertainment System (NES).

Final Fantasy III was originally released on the Famicom-the Japanese equivalent of the Nintendo Entertainment System in 1990 by Square, which is now known as Square Enix. Officially released only in Japanese, fans have taken initiative to release a fan-translated port to be played on NES emulators, allowing for North American Final Fantasy fans to play the game in English. Final Fantasy III was then remastered into a 3D remake on the Nintendo DS in 2006 which sold millions of copies. Unlike Final Fantasy I and II, which had literally a million 2D remakes (especially looking at you Pixel Remaster), there has never been a true 2D remaster of Final Fantasy III-until now...

Given the original game's ancient age, the story is relatively simple. Four elemental crystals (air, fire, water, and earth) keep the world full of light to prevent the power of darkness from taking over. Following a massive earthquake, four youths (named Onion Knights) named Luneth, Arc, Refia, and Ingus are destined by the crystals to stop the overwhelming surge of darkness from consuming the world. They become known as the Warriors of Light.

Being a classic Final Fantasy game, the objectives are simple: follow the quests given to you in the towns you visit, explore caves, dungeons, and castles, and fight en-



emies using the armor, weapons, and magic you obtain along the way. Final Fantasy III uses the classic turn-based battle system, meaning you can take your time to plan and execute your battle plans without the pressure of your enemies rushing you. As you progress through the game, each crystal will grant you new jobs which provide your warriors with unique specialties, such as becoming a fighter (who specializes in weapons-based combat), the classic black mage (who specializes in destructive magic), or even more advanced classes like the Dragoon, who becomes prevalent in later Final Fantasy games.

The Pixel Remaster of Final Fantasy III remasters the game with new and updated visuals, many quality-of-life improvements, and a new modernized soundtrack,

while preserving the art style and sprites in order to stay true to the original Famicom release. Having played the NES fan-translated port, I could say that this remaster feels like a true, modernized successor to the original game.

I would highly recommend anyone wishing to experience Final Fantasy III as intended on the NES to give this title a try. And while you're at it, the remaining Final Fantasies from I-VI are also getting a Pixel Remaster, which if you get hooked, could keep you busy for the entire year! The Final Fantasy III Pixel Remaster is available on Windows (Steam), the iTunes Store, the Google Play Store, and Amazon's Appstore.



NOTHING

like a

NICE & ICY COLD ...



Runyang Yin, 2T3

Which one is your favorite – iced coffee or cold brew? Did you know these two caffeinated beverages are actually different? Let's check out the differences right now so that the next time you go to one of the many amazing Toronto coffee shops for a date or study session, you will know exactly what to order.

I'm sure everyone has heard of iced coffee before and probably never questioned what it is, because quite simply, it is exactly what it sounds like – coffee added to ice. But how is it actually made? Well, all you have to do is brew your coffee normally, cool it down, and then pour it over ice. On the other hand, cold brew is not actually brewed first like iced coffee; the coffee beans are grounded to a medium-coarse grind and then steeped in cold water for up to a day. Which one sounds easier to make? I think cold brew. Which one sounds fancier and tastier? Maybe iced coffee. But is iced coffee actually better than cold brew? To answer that, we need to take a look at the theory behind each beverage.

I am actually a big fan of cold brew, but why did I choose cold brew over the conventional and ever-so-popular iced coffee that everyone has probably tried at a Tim's? Like I mentioned before, because cold brew is steeped in cold water for up to a day, it actually extracts coffee very slowly over a long period of time. This reduces the level of acidity and bitterness that coffee making already brings to the table. Some people argue that acidic and bitter coffee doesn't taste as good, but one has to understand that the acidity and bitterness comes from the heat that is used during coffee brewing, so you can't help but taste some of that yuck every time unless you add milk and sugar. Because iced coffee is brewed first

and then chilled, it inevitably introduces a fair amount of bitterness and a lot of acidity. So, here is difference number one – cold brew is usually less acidic, less bitter, and has a smoother taste compared to iced coffee. The second difference is that because cold brew is steeped for so long, more caffeine is extracted during this process. So yes, if you are grinding for a midterm in PB at 10PM on a Sunday and not sure if you will be able to successfully pull an all-nighter, try drinking a cup of cold brew if an espresso shot is not your thing.

Since you have made it this far in my article, I think you deserve a reward for your patience and interest in this topic. To finish off, here is my quick and easy cold brew recipe that you can use anytime and anywhere.

Step 1: Buy a bag of good coffee beans from your favorite roaster and grind it down to medium-coarse level.

Step 2: Weigh out 80 grams of your coffee grind.

Step 3: Get a jar - ideally a 2-liter mason jar (they are easy to clean and use) - and add your coffee grind to it.

Step 4: Get 1500 mL of water. I personally like distilled water because I think tap water has too many minerals and impurities that can ultimately affect the taste of your coffee. Also, my ratio here is 80 g:1500 mL, and I think it makes a fairly delicious batch of cold brew. You are of course free to explore your own ratios and discover something even more amazing.

Step 5: Boil 500 mL of your water and then wait for around 5 minutes for it to cool down.

Step 6: Add the hot water to your jar and wait for exactly 45 seconds. You can stir the mixture while you wait so that all the coffee grinds are properly submerged in the water. This step is called blooming and is important for "cooking" the grinds and releasing the flavors of your coffee.

Step 7: Immediately add the remainder of your water (should be room temperature) to your jar and stir a few more times.

Step 8: Put your jar in your fridge and let the grinds steep for 12 to 24 hours. The longer you let the grinds steep, the stronger your cold brew will be. I personally wait for 17 hours.

And that is it! Hope you enjoyed this little article and recipe.

Chipotle Chicken Copycat Recipe

By: Neil Patel, 2T3

If you've ever been to Chipotle, you *know* how good their chicken is. I've decided to make a copycat version that tastes just like the original! This recipe makes a great meal prep, so make sure to try it out... **Here is what you'll need:**

Ingredients:

- Chicken thighs (10-12 pieces) - Marinade:

- o 2 tsp cumin
- o 4 garlic cloves minced
- o 2 tsp dried oregano
- o 2 tsp salt
- o 2 tsp black pepper
- o 1 tbsp chilli powder
- o 3 tbsp olive oil
- o 4 tbsp adobo sauce
- o 1 tsp brown sugar
- o ¼ lemon
- o Chilli flakes (if you like it extra spicy)

- Sides:

- o 1 red onion
- o 2 bell peppers (red and green would be best but I just had red)
- o Basmati rice



Directions:

1. Place all the ingredients of the marinade in a large freezer bag, and mix it around in the bag.
2. Add the chicken thighs into the bag with marinade, and massage them well
3. Place the bag in the fridge, and let it marinate overnight.
4. When the chicken is done marinating, take it out of the fridge.
5. Heat a cast iron pan on medium to medium-high heat.
6. Chop the onion and bell peppers into slices.
7. Add a little olive oil in the pan and sauté the onions alone for 2 minutes.
8. Add the peppers to the pan, and continue to cook until the vegetables slightly soften.
9. Turn off the stove, and season the vegetables with ½ tsp cumin, a dash of garlic powder, a dash of chili powder, and a sprinkle of salt.
10. Transfer the vegetables to a plate.
11. Transfer the chicken thighs into the hot cast iron pan, and cook on each side for 3-5 minutes.
12. Transfer the cooked chicken to a plate, let cool for a few minutes.
13. Cook the rice. (This is the Monograph, not a cookbook, but I think you can handle it)
14. Chop up the chicken into cube-sized pieces.
15. Put everything together, and garnish with cilantro.
16. Guac is extra ;)

Sweet and Spicy Bean Recipe

By: Misha Krivykh, 2T3

This is a quick and easy recipe for those moments when you have nothing prepared to eat, and you know you just can't go for takeout for the umpteenth time this month. You need something nutritious, filling, delicious, and you need it fast.

Ingredients:

- 1 whole can of red kidney beans.
- 2 jalapeno peppers.
- 1/4 of an onion.
- 2 teaspoons of salt.
- 1 teaspoon of black pepper.
- 2 1/2 teaspoons of cumin.
- 1 1/2 cups of raw jasmine rice.
- 1 1/2 cups of water.

Directions:

1. Steam or boil your rice. If you have a pressure cooker then using equal parts of rice to water should be helpful here.
2. Pour the rice in the cooker, then the water, and let the cooker work for 12-18 minutes, not counting the time needed to pressurize.
3. Dice up your jalapenos by cutting the peppers into thin half-circles.
4. Dice up your onion.
5. Pan-fry your jalapenos and onions on medium heat, until the former softens up and the latter becomes brown.
6. Open your can of beans and get rid of the juice, then pour the beans into the pan on top of the jalapenos and onions.
7. Add in the salt, black pepper, and cumin.
8. Mix and continue to fry on small-medium heat until a medium-viscosity sauce forms.
9. Once your rice is ready, pour yourself some rice and add the beans on top.
10. Enjoy!



This is a very barebones recipe as you can see, so feel free to adjust as you see fit to your taste. Some suggestions include adding mushrooms, or trying a different type of bean.



October

by Jessica Attalla 2T2

The smell of pumpkin spice filters through the air
Every tinge of orange burns as far as I can see
She started out dressed in greenest bare
Then wilds out - yellow, orange, red - an emblazoned melody

She's a premadonna ready to make her debut
And she's turning heads wherever she goes
She's out to make the world her runway
But where she hides, nobody knows

She twirls down along the damp pavement
Her hair bathed in luminescence
She needs no partner for this haunting duet
She'd wait for you if she wasn't so restless

She only sings when she's alone
When the quiet of the night settles in
Like with a lark that's been forlorn
You can't help but find her song sobering

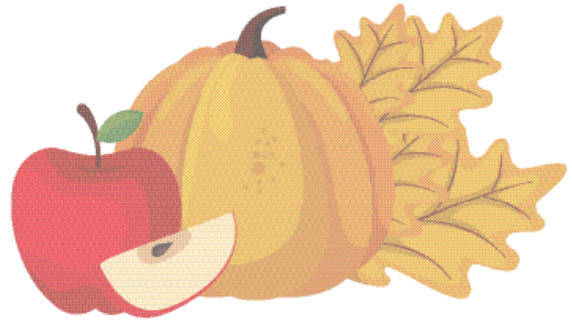
When she dies not a tear will be shed
We've got blankets to keep us warm till spring
When it comes, it'll reflect the sun so brightly
And yet, she made darkness such a beautiful thing

Word Scramble

By Maira Hassan, 2T4

Unscramble the words.

1. ciontcar _____
2. onllcamxii _____
3. ianiftodem _____
4. teniatp _____
5. smatacirhp _____
6. arneilh _____



Hints:

- 1) Drugs that provide pain relief, induce drowsiness, and may lead to addiction.
- 2) Common penicillin-type antibiotic used to treat bacterial infections.
- 3) H2RA that can be used in peptic ulcer disease (PUD) and gastroesophageal reflux (GERD)
- 4) A recipient of healthcare services (i.e. the people we aim to treat)
- 5) Our occupation when we graduate.
- 6) A device for administering drugs that are breathed in; commonly used in asthma and COPD.



Pharmacy Shout-outs!

Shoutout to Kerstin for always waking me up for class!!! Love you!!!

Rawan

Shout out to the **B**eegest **B**rains in all of pharmacy for always keeping things interesting

To Han Seungyeon, you a real one 🙏 RESPECTS

Christine Tan - Sweetest person in pharmacy!

Beth Gulilat

Shoutout to Dr. Kellar!

Stephanie Rosenbaum and Clara Dai!
Wonderful faculty reps. They work hard to voice student concerns to profs and provide really helpful weekly schedules!

Shoutout the shoutout section, we need more shoutouts!

Jaspreet Ghataura - thankful for your smile & positivity! love you big sis <3

S/O to Andrew Tu, for organizing an AMAZING CAPSI mentorship program for pharmacy students across Canada while on APPEs!

s/o to VASSY, I enjoy collaborating with you guys <3

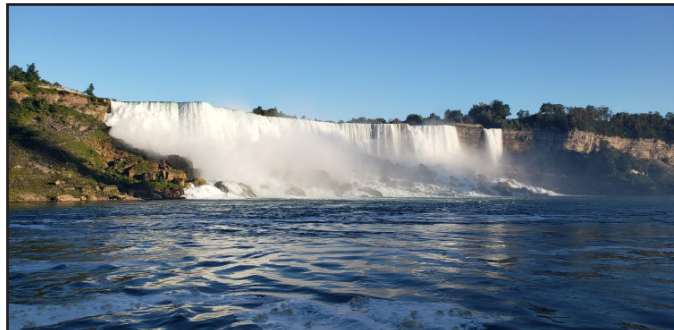


Behind the Lens

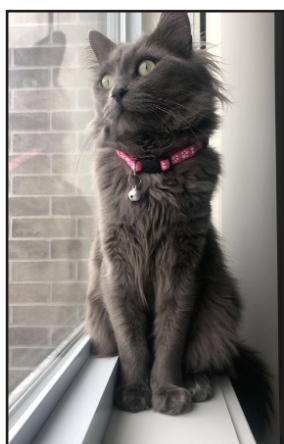
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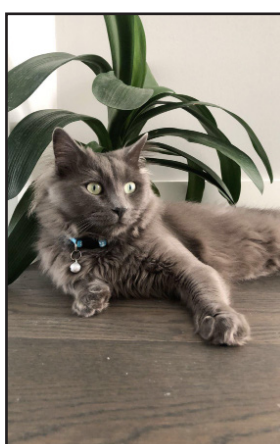
Ann Chang, 2T2



Nowal Shahbaz, 2T2



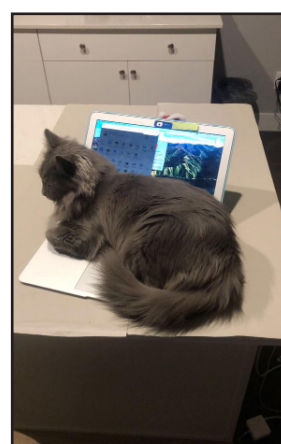
Sabih Jamil, 2T3



Sabih Jamil, 2T3

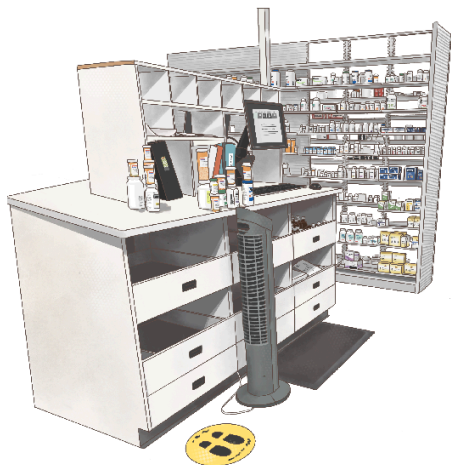


Sabih Jamil, 2T3



Sabih Jamil, 2T3

Artist Spotlight



“Costco EPE-1 Pharmacy Life”
Kristine Phan, 2T4



Ben D'Mello, 2T2



“The Fibrocyte”
Brennah Danchuk-Lauzon, 2T4



Ayisha Salamath, 2T2

