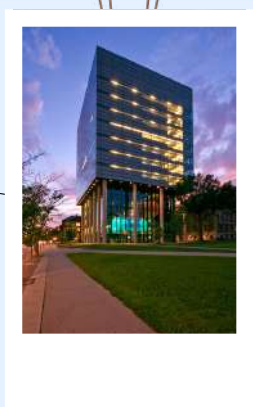


MONOGRAPH

VOLUME 26 ISSUE 3

FEATURES IN THIS ISSUE

COUNCIL UPDATES, REVIEWS,
RECIPES, PHOTOS & MORE



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EDITOR'S ADDRESS

Welcome to the Valentine's edition of the Monograph! Love is in the air, and we're excited to present Vol. 26, Issue 3, filled with heartfelt stories, delicious treats, and ways to make the most of this season of love—whether it's self-love, friendship, or romance!

This issue features fun Valentine's activities, from "Would You Rather?" and "Most Likely To"—a journey through the highs and lows of relationships. For movie lovers, we've got "5 Movies to Make You Feel Included on Valentine's", and if you prefer theatre, don't miss Em's Top 5 Must-See Musicals or the magic of Disney's The Lion King—The Musical.

Looking for the perfect Valentine's treat? We've got you covered with Perfect Oreo Truffles, Red Velvet Cupcakes, Tuscan Chicken Pasta, and more—recipes to simply indulge in yourself!

Beyond Valentine's Day, this issue also highlights the crucial role of pharmacists as antimicrobial stewards, a recap of PDW 2025 in Halifax, and the latest updates on the 2T7 Student Council Website and UPS Address. Plus, don't miss our Self-Care Daily Practices Tips, because self love is the greatest love of all.

A huge thank you to all our contributors and the amazing layout team—your dedication keeps The Monograph thriving! If you'd like to get involved, share your creativity, or join our team, reach out to your class reps.

Happy Valentine's, phamily—spread love, take care, and enjoy this special edition! ❤️

Sincerely,

Purvi Mahida and Vivian Hang
Monograph Co-Editors, 2024/25
monograph@uoftpharmacy.com



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UPS ADDRESS

Hello Phamily,

Happy New Year, and welcome to the winter semester! We hope you have had a restful break and are recharged for the second half of the 2024-2025 academic season! As we step into the second half, we want to take a moment to reflect on the progress we've shared so far and look ahead to what lies ahead.

First and foremost, we would like to acknowledge the dedication LDFP students have shown. The first semester wasn't easy—between navigating tough coursework, MTM labs, personal challenges, and everything in between, you've proven time and time again that we are a student body that, like our profession, adapts to a changing landscape. Whether it was late-night study sessions, tackling group projects, or supporting one another through stress, we have all demonstrated what it means to be a part of this amazing community. Your hard work doesn't go unnoticed, and we are incredibly proud to represent all of you.

Looking ahead, we know that the winter semester will bring its own unique set of challenges. The program's pace can sometimes feel relentless, and it's easy to become overwhelmed by the workload. But remember, you are not alone. Your peers, faculty, and the entire LDFP community are here to support you. We encourage each of you to reach out for help when you need it—whether that's for

academic assistance, mental health support, or just a friendly conversation to decompress.

This semester, we are excited to continue our work in developing a fruitful student experience through work with the rest of the UPS council. From the **Orientation Banquet** to **Pharmacy Appreciation Week** to **OPSIS 2025** to **UPS Awards Night**, we aim for this semester to allow students opportunities to make more meaningful connections, spend more time with their friends, and enjoy life in Pharmacy outside of coursework.

As we head into the second we encourage each of you to continue developing your leadership potential. We recently welcomed our new UPS President and Vice-President elects, and soon they will hold elections for their own UPS general council – stay tuned for more information and opportunities to get involved with UPS!

Here's to a strong start to 2025 and an even stronger finish to the winter semester. We believe in all of you!

Sincerely,



Mona Mollaeizadeh and Rehan Saeed
2024-2025 President and Vice-President
Undergraduate Pharmacy Society (UPS)

2T7 Student Council WEBSITE

By: Sara Rokni Abjari, 2T7

The 2T7 Student Council is excited to announce that we now have a website: 2t7.uoftpharmacy.com



Our website's main goal is to foster a better connection and seamless communication with our fellow 2T7s. Thanks to the hard work of our Webmaster this website is the best place to look for updates on upcoming events, details on our initiatives and to get in touch with your council members.

Do you love our events? Our website has an Events section that lets you stay up-to-date on everything happening around campus and beyond. Never miss a cookie sale, game night, or social event again! Another feature is that the Resources page has so many helpful tools to support your academic journey and even beyond.

We hope that you all find our website helpful and a better way to connect with us. Our one goal was to create a vibrant space with simple navigation for our amazing class. What we ask of you now is to take a few minutes to visit our website, bookmark it and check it to stay updated on all the newest student council news. If you have feedback or ideas for new features please contact us, we'd love to hear from you! One last note, since this monograph edition is specific to Valentine's day we thought it would be a good time to advertise our next event. Candy Grams! Show your friends (or that special someone) some love by sending them a sweet treat. Stay tuned for details on how to order and send a Candy Gram on the Events page of the website and our socials.



PDW 2025: An Unforgettable Experience in Halifax

By: Yasmeen Ameeriar, 2T6

The Professional Development Week (PDW) 2025 conference is shaping up to be an incredible event for pharmacy students and professionals across Canada. Hosted in Halifax, Nova Scotia, this year's conference provides the perfect mix of professional growth, networking opportunities, and the chance to explore one of Canada's most picturesque regions.

A Unique Opportunity for Learning and Networking

PDW is renowned for its amazing speakers, interactive workshops, and the opportunity to engage with industry leaders. PDW 2025 promises no less, featuring sessions on cutting-edge pharmaceutical research, healthcare innovation, and personal development. Attendees will also have the chance to connect with peers, establish mentorships, and share ideas to shape the future of pharmacy practice.



Exploring Halifax: A Vibrant Coastal City

Outside the conference, Halifax offers a wealth of attractions to make your visit truly memorable. Known for its rich maritime history, Halifax is a vibrant city brimming with culture, world-class dining, and stunning waterfront views. Don't miss the chance to stroll along the Halifax boardwalk, visit the historic Citadel, or savour fresh seafood at one of the city's many acclaimed restaurants.



A Day Trip to Peggy's Cove

No trip to Nova Scotia is complete without a visit to Peggy's Cove, located just a short drive from Halifax. Famous for its iconic lighthouse and rugged coastal beauty, Peggy's Cove offers a peaceful escape and breathtaking views of the Atlantic Ocean. Whether you're a photography enthusiast, a lover of nature, or simply looking to unwind, this charming village is a must-see.

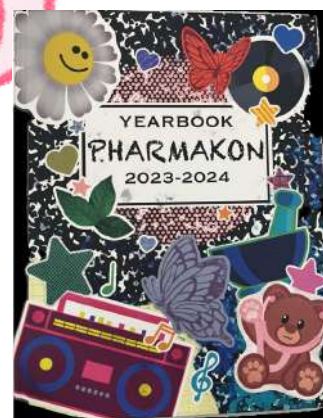
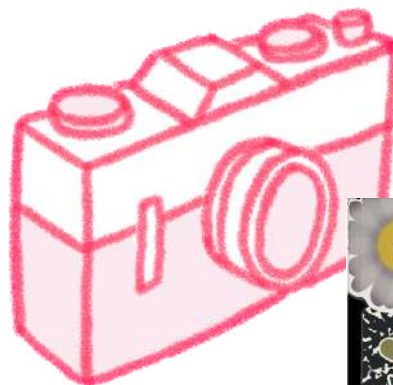
Photos given by: Rebecca Foster and Yasmeen Ameeriar



About PHARMAKON!

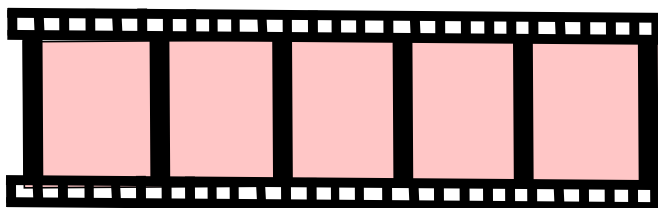
By: Madeleine Yee & Jenna Zhang
Pharmakon Editors 2024-2025
Instagram: @uoftpharmakon

For those of you who don't know about Pharmakon - we are the Pharmacy Yearbook Club! We take photos of everyone throughout the year, including networking and social events, sports, and clubs. Every year our photographers and designers work hard to put together a yearbook for our pharmacy classmates and make sure everyone is included! So come out to as many events as you can and be an active part of the school to secure your photos in the yearbook!



What is Who's Who?

We have a category every year called "WHO'S WHO" where we set up an event at the beginning of the year to take professional headshots of the incoming first year students and then compile them into a document so that everyone can familiarize themselves with their cohort! Even though the event has passed - don't worry - you can submit your own photo at any time throughout the year to be included in the yearbook, feel free to contact us for more information, we'd be happy to answer any questions. We hope to see all of you in the yearbook to preserve all the happy memories we had together as a Phamily!



Yearbook Theme!!

Every year the designers sit together and decide on the theme for the yearbook. The theme for last year was "Throwback" where we took a lot of influences from the 80s and 90s retro style and incorporated a lot of design elements like collages and vibrant colours into the yearbook. We had a lot of fun designing it and the copies have now arrived! They are available for purchase, with an amazing deal right: a 2 for one deal of \$40 for both this year AND last year's yearbook! This is a great purchase for any returning pharmacy students that would like to get a copy, especially graduating students as there is a focus on grad events including grad photos, convocation, baby photos, and the amazing speech given by your valedictorian, Al-Amin Ahamed. As for this year, your designers are hard at work on putting together the current yearbook, and the theme will be revealed later on - so stay tuned for more updates from us!

THE ROLE OF PHARMACISTS AS ANTIMICROBIAL STEWARDS



BY EMILIE DURIA, EVOLVE 2T6 REPRESENTATIVE

BACKGROUND

The World Health Organization (WHO) declared antimicrobial resistance a top 10 public health threat. Deaths attributable to antimicrobial resistance are projected to reach 10 million by 2050 if we continue using antimicrobials as we are now. Antimicrobial resistance occurs when bacteria, viruses, fungi and parasites naturally evolve in ways that make the antimicrobials designed to treat them less effective. As a result, infections become difficult or impossible to treat, increasing the risk of disease spread, severe illness, and death. Antimicrobials are a lifesaving component of medical care. However, evidence indicates that antimicrobials are used inappropriately in 20-50% of cases, contributing to increased resistance, avoidable patient harm, and higher healthcare costs.

As medication experts, pharmacists are uniquely positioned to lead antimicrobial stewardship efforts, leveraging their pharmacotherapy knowledge and accessibility to drive impactful change. Pharmacists are often the first point of contact for patients, making them invaluable in promoting the appropriate use of antimicrobials. Through patient education, they can dispel misconceptions about antibiotics, such as their ineffectiveness against viral infections, and emphasize the importance of adhering to prescribed treatments. By encouraging health promotion and prevention strategies such as regular handwashing, vaccinations, and infection control practices, pharmacists can help reduce the incidence of infections and the need for antimicrobial use altogether.

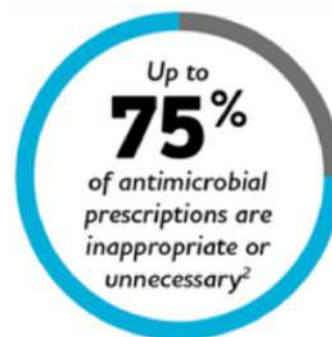
PHARMACISTS ROLE IN MINOR AILMENTS

PRESCRIBING: EMBRACING AN EXPANDED SCOPE

Following extensive advocacy efforts, regulations came into effect on January 1, 2023, authorizing pharmacists in Ontario to prescribe certain medications for 13 minor ailments. Furthermore, on October 1, 2023, the regulations were amended to include an additional six minor ailment conditions. Pharmacist scope expansion reflects Ontario's growing confidence in their ability to manage a broader range of conditions effectively.

continued evolution of pharmacists' role in primary care and their contributions to reducing the burden on the healthcare system.

Looking ahead, discussions are underway to include more minor ailments, signalling the



Ontario's expanded scope of practice for pharmacists further amplifies their impact on antimicrobial stewardship. For example, pharmacists' ability to prescribe for uncomplicated urinary tract infections (UTIs) demonstrates the practical benefits of this expanded role.

Evidence suggests pharmacists managing UTIs can help prevent unnecessary antibiotic use by thoroughly assessing symptoms, excluding patients with complicating factors, and prescribing evidence-based therapy only when appropriate.

This approach directly supports antimicrobial stewardship by reducing inappropriate antibiotic use and mitigating the risks of resistance. The pharmacist's role in assessing and prescribing for uncomplicated urinary tract infections was found to be effective and safe, with high levels of patient satisfaction. As Ontario continues to embrace pharmacists' expanded scope of practice, their ability to manage conditions like UTIs highlights their critical role in improving access to care, ensuring patient safety, and contributing to sustainable healthcare systems.

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By: Mackenzie Richardson, 2T5

5 PHENOMENAL VALENTINE'S DAY GIFTS FOR THAT

Special Someone



With Valentine's Day just around the corner, it is the perfect opportunity to show your special someone how much they mean to you. From heartfelt gestures to creative surprises, the options are endless—but fear not! I've rounded up five phenomenal Valentine's Day gift ideas that are sure to make your loved one feel truly cherished.

- 1. Jewelry:** Whether it is a beautiful bracelet, a lovely ring, or a breathtaking necklace, your loved one is sure to love receiving some jewelry this Valentine's Day season. For an extra special surprise, have it engraved with their name, initials, SSN, or a meaningful date. This will certainly add a personal touch to a timeless gift.
- 2. Flowers:** Go beyond the usual bouquet by creating a custom floral arrangement tailored to your partner's taste. Choose their favourite colours and flowers or incorporate aspects that represent special memories, like the flowers from your first date, wedding, or a funeral that you both attended. Remember to include a thoughtful card to take this gift to the next level!
- 3. Chocolate:** In the words of Forrest Gump "Life is like a box of chocolates". So give your partner the gift of life this Valentine's Day with an extra special box of chocolates. Be it a set of gourmet bonbons, chocolates shaped like hearts, or their favorite childhood candy, this sweet gift is a delicious way to show you care.
- 4. Experience Gift:** Nothing says "I love you" like the gift of an unforgettable, new experience. Arrange for a cooking class, a wine tasting, a surprise trip to Disney Land, or even concert tickets for their favorite artist. Each experience is an opportunity to create cherished memories that you'll both treasure for years to come.
- 5. A Photo Collage:** Capture your favorite memories together with a beautiful photo collage. Choose pictures that highlight your most cherished moments—vacations, fights, dates, or milestones—and have them arranged into a piece of art. This unique gift will be a constant reminder of the wonderful journey you've shared together.

The Pharmacy Student's SURVIVAL WORKOUT!

BY: SALMA EL JAOUHARI, 2T6

WARM-UP: THE MORNING SCRAMBLE

5 reps of hitting snooze (but no more, or you'll miss Debra's 9AM Self-Care class!). 2 minutes of stretching while staring at your PCT notes and wondering why you picked pharmacy school.

1



CORE WORKOUT: ACADEMIC ENDURANCE TRAINING!

3 sets of 10 drug name pronunciations (bonus points for nailing "Tocilizumab"). 5 minutes of speed-reading toxicology APAP pathways to simulate exam panic mode. 1 rep of walking across campus balancing 18 feet coffee, your white coat, and 1000 pages of MTM notes.

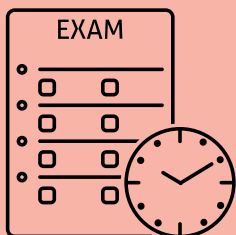
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STRENGTH TRAINING: EMOTIONAL RESILIENCE

10 reps of deep breaths when your MTM SP asks you a question you don't know. 3 sets of 20 pep talks to yourself after seeing your first molecular pharmacology midterm grade.

3



COOL DOWN: END-OF-DAY ROUTINE

5 minutes of lying on the floor, staring at the ceiling, and questioning life choices. 1 set of journaling about what went well today (even if it's just remembering to eat lunch).

4



PRO TIPS: Pair this workout with at least 8 hours of (inconsistent, stressful) sleep and a hearty serving of determination.

EM'S TOP 5 MUST SEE MUSICALS

By: Emily Lam, 2T5

Guess who's back, back again? Em is back, tell a friend 🧑 🧑 🧑

I'm back in town and you know I had to check out some top-tier musicals while I'm here. If you know me, you know that musicals are my jam! I love nothing more than hearing grown adults whine about how unfair their lives are as long as they do it in song. So, without further ado, let me present to you my top five picks for musicals that you should see in your lifetime!

WICKED

If you're even a little bit familiar with the world of musicals, you will certainly have heard of the Broadway sensation Wicked. From personal experience, I can tell you it definitely lives up to the hype. Wicked tells the tale of the Land of Oz through the eyes of two unlikely witchy friends: Elphaba, a smart outcast with green skin, and Glinda, a popular socialite. Wicked explores its themes in a way that will have you mesmerized. If you haven't already, definitely feast your eyes on this absolute tour de force of a musical (or check out the movie, which is streaming now)!



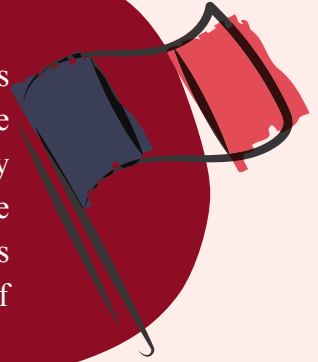
MOULIN ROUGE!

Moulin Rouge! is the most recent addition to this list, and boy, is it a good one. Like the 2001 movie, the musical follows Christian, a young songwriter, who falls in love with Satine, a cabaret actress, who is the star of the Moulin Rouge cabaret club. While the story may be nothing to write home about, the production and choreography more than make up for it. This musical delivers the type of spectacle that you want to see at the theatre, and is just a thoroughly good time. It's in town until January 2025, so don't miss your chance to spend time at the Moulin Rouge!



LES MISÉRABLES

Despite what the title may suggest, my experience with this show was absolutely NOT miserable. This amazing musical is a sweeping tale of love and resilience set against the backdrop of 19th-century France. The story follows Jean Valjean, a former prisoner, who seeks to rebuild his life while dealing with the relentless pursuit of the policeman Javert. The music is captivating and will leave you with a sense of awe. Les Misérables is one of the all-time classics for a reason – I’m certain you won’t be disappointed.



COME FROM AWAY

This incredible musical tells the extraordinary true story of 7,000 stranded passengers during 9/11 and the small town in Newfoundland that took them in. It is sad, powerful, and uplifting all at the same time. Although not as well known as some of the others on this list, I think that it’s an extremely accessible musical that can be enjoyed by almost anyone. It’s in town until March 2025, so check it out if you get the chance!



HAMILTON

I don’t think any top musical list would be complete without my personal favourite, Hamilton. Hardcore musical fans and casual viewers alike will be thoroughly satisfied by this one-of-a-kind masterpiece. Hamilton tells the tale of one of America's founding fathers and first Secretary of the Treasury, Alexander Hamilton. You definitely don’t want to throw away your shot to see this amazing production in person (but the recording on Disney+ is fantastic too). The story features love, politics, guns, and ships, and so much more. This musical has captivated audiences for years, so don’t miss your chance to be in the room where it happens!



5 MOVIES TO MAKE YOU FEEL INCLUDED ON VALENTINES (/ MAKE YOU FEEL BETTER ABOUT YOUR LOVE LIFE)



BY: EMMA GALAND, 2T8

5. After: Now listen, I know it's bad. But the fact that it's a Harry Styles fanfiction come to life is enough reason for me to put it on this list. It's dramatic, a little entertaining, and Tessa and Hardin's constant miscommunications will also make you feel better about your own love life to be honest.

4. Set it Up: I remember when this first came out and being absolutely obsessed with it, and it stands true to this day. I love the rivals to friends to lovers pipeline, and this to me executes this so well. From their bickering to the quality time spent together and just sweet moments, all of it is perfect. I also stand by the fact that this is the best Glen Powell movie of all time and it paved his way for success.

3. How to Lose a Guy in 10 Days: this to me is the quintessential romcom! Matthew McConaughey and Kate Hudson have some of the best on-screen chemistry ever, and the way the characters are both deceiving each other while catching feelings.. The yellow dress! I come back to this movie at least once a year.

2. Bridget Jones's Diary: This movie to me is more of a comfort watch, because if I'm having a bad day, I know that there is a good chance Bridget Jones is probably having a worse day (or at least a more awkward one). I love that it's a pride and prejudice retelling, I love that we see young Hugh Grant and Colin Firth. I love the way I can't stop laughing and swooning.. I love the way Hugh Grant says "I like you very much, just as you are.." I love everything about it and I probably think about this movie once every few days (if not everyday).

1. The entirety of the Twilight franchise: I'm not sure if this counts as a romcom, but there is something about this movie that has both the right amount of romance and comedy (intentionally or not). There may be some sentimental value because we grew up on many of these books and movies, but between the drama and the chaos of it all, it's so fun. Plus it may make you feel better about yourself knowing that you aren't dating someone who is 100+ years old (and fell in love with you when you were 17) or a werewolf that imprinted on your daughter!

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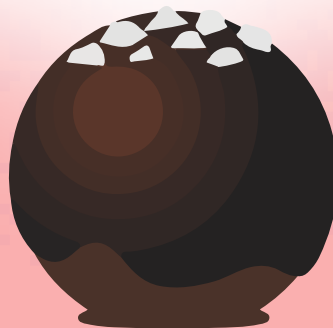


By: Said Aoude, 2T5

PERFECT

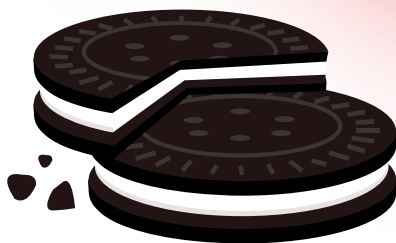
Oreo Truffles

RECIPE



Ingredients

- 8 ounces (227 g) of baking chocolate
- 16 ounces (0.45 kg) of Oreo cookies
- 8 ounces (227 g) of softened cream cheese



Notes

- This recipe should yield approximately 40 truffles.
- It is best to store these in the fridge until just before serving.
- For some extra creaminess, the regular Oreo cookies can be substituted with Oreo Double Stuf or Oreo Mega Stuf cookies.
- For some added colour, decorate your truffles with sprinkles just before refrigerating.

Instructions

1. Melt your chocolate in a saucepan over low heat. Be sure to stir occasionally for about 4 to 5 minutes.
2. Place nine Oreo cookies in a food processor and blend until finely crushed, then transfer them into a separate bowl (these will be used for decoration at the end).
3. Add the remaining Oreo cookies into the food processor and blend until they are finely crushed before transferring them into a large mixing bowl.
4. Add the cream cheese into your bowl and mix until it is mixed. Roll the mixture into balls (each about 2-3 cm in diameter or 12.5-28.3 cm² in area).
5. Place your balls in the melted chocolate and roll them until they are fully coated in the chocolate.
6. Place the truffles on a baking sheet and sprinkle with reserved cookie crumbs to decorate.
7. Refrigerate the truffles for at least 1 hour (60 minutes) or until firm.
8. Enjoy!



Red Velvet Cupcakes

Ingredients:

- 1½ cups all-purpose flour
- 1 cup granulated sugar
- 1 tsp baking soda
- ½ tsp salt
- 1 tbsp cocoa powder
- 1 cup buttermilk
- ½ cup vegetable oil
- 1 large egg
- 2 tbsp red food coloring
- 1 tsp vanilla extract
- 1 tsp white vinegar

Cream Cheese Frosting:

- 1½ cups all-purpose flour
- ½ cup unsalted butter, softened
- 4 cups powdered sugar
- 1 tsp vanilla extract

Steps for Cooking:

- 1 Preheat the oven to 350°F (175°C) and line a muffin tin with paper liners.
- 2 In a bowl, combine dry ingredients (flour, sugar, cocoa, baking soda, salt).
- 3 In a separate bowl, whisk together wet ingredients (buttermilk, oil, egg, food coloring, vanilla, vinegar).
- 4 Add the wet ingredients to the dry ingredients and stir until combined.
- 5 Divide the batter evenly between the cupcake liners.
- 6 Bake for 18-20 minutes, or until a toothpick comes out clean.
- 7 Let the cupcakes cool completely before frosting.
- 8 To make the frosting: Beat together the cream cheese, butter, powdered sugar, and vanilla until smooth.
- 9 Frost the cooled cupcakes and add a decorative touch like red sprinkles or heart-shaped confetti.

By: Adiba Khanam, 2T 6

Tuscan Chicken Pasta

A Comfort Meal for Studying

By: Salena Jaffer, 2T8

Long study sessions deserve a meal that's both nourishing and indulgent. This Tuscan Chicken Pasta is a perfect and simple cultural twist, combining creamy, savory flavors with energy-packed ingredients to keep you focused and satisfied.



Why It's Perfect for Studying:

Chicken: Packed with lean protein to fuel your brain and body.

Spinach and Sun-Dried Tomatoes: Loaded with vitamins and antioxidants for mental clarity.

Pasta: Provides long-lasting energy to keep you going through the night.

This Tuscan Chicken Pasta brings the comforting flavors of Italy straight to your desk, making it the ultimate study meal. Pair it with a cup of tea or sparkling water, and let the rich, creamy flavors inspire your next study session!

Tuscan Chicken Pasta continued

INGREDIENTS

- ☐ 2 tbsp olive oil
- ☐ 2 chicken breasts, seasoned with salt, pepper, and Italian seasoning
- ☐ 3 cloves garlic, minced
- ☐ 1 cup sun-dried tomatoes, chopped
- ☐ 2 cups spinach, fresh
- ☐ 1 cup heavy cream
- ☐ 1 cup chicken broth
- ☐ 1/2 cup grated Parmesan cheese
- ☐ 1 tsp paprika
- ☐ 1/2 tsp red pepper flakes (optional for a little heat)
- ☐ 300g penne or your pasta of choice
- ☐ Salt and pepper to taste
- ☐ Fresh basil for garnish

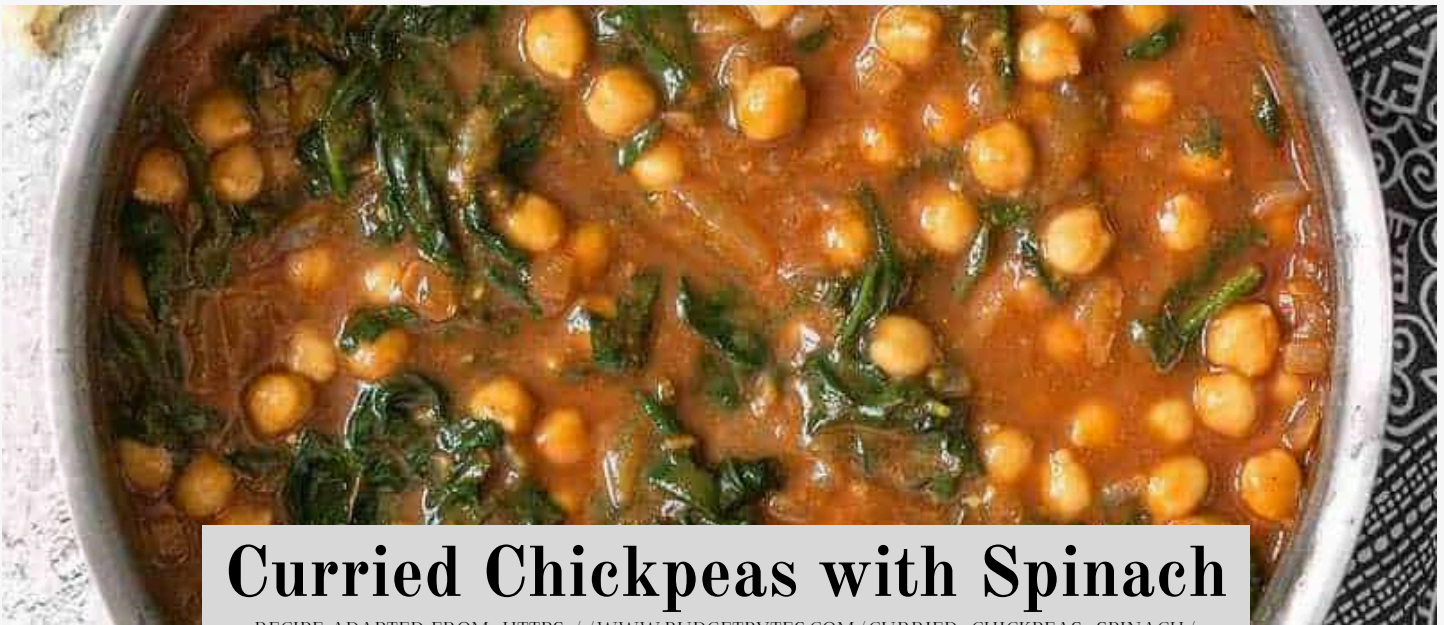


INSTRUCTIONS

1. Cook the pasta according to the package instructions. Reserve 1/2 cup of pasta water, drain, and set aside.
2. Heat olive oil in a large skillet over medium heat. Add the seasoned chicken breasts and cook for 5-7 minutes on each side until golden brown and cooked through. Remove and set aside to rest, then slice into strips (optional)
3. In the same skillet, add minced garlic and cook until brown (about 1 minute). Toss in the sun-dried tomatoes and cook for another 2 minutes.
4. Pour in the chicken broth and heavy cream, stirring to combine. Let it simmer for 3-4 minutes before adding Parmesan cheese, paprika, and red pepper flakes. Stir until the sauce is smooth and creamy.
5. Add the spinach to the skillet, letting it wilt gently in the sauce. Toss the cooked pasta into the skillet, combining it well with the sauce. If the sauce is too thick, add a splash of reserved pasta water to loosen it up.
6. Top with the sliced chicken breasts and garnish with fresh basil. Serve hot and enjoy!

Buon appetito, and happy studying!





Curried Chickpeas with Spinach

RECIPE ADAPTED FROM: [HTTPS://WWW.BUDGETBYTES.COM/CURRIED-CHICKPEAS-SPINACH/](https://www.budgetbytes.com/curried-chickpeas-spinach/)
BY: SARAH SYEDA, 2T7

SERVINGS: 4

COST: \$1.17 PER SERVING

PREPPING TIME: 5 MIN

COOKING TIME: 25 MIN

Ingredients

2 TBSP CANOLA OIL

1 ONION

2 CLOVES GARLIC

1 INCH FRESH GINGER

1 15OZ. CAN TOMATO SAUCE

2 15OZ. CANS CHICKPEAS

1 1/2 TBSP CURRY POWDER

8 OZ. SPINACH (FROZEN)



Directions



1. THAW THE SPINACH IN THE REFRIDGERATOR.
2. DICE THE ONION, MINCE THE GARLIC AND GINGER SEPARATELY.
3. SAUTÉ THE ONION, GARLIC, AND GINGER IN A LARGE SKILLET WITH THE CANOLA OIL OVER MEDIUM HEAT UNTIL THE ONIONS SOFTEN (3-5 MINUTES).
4. ADD THE CURRY POWDER AND CONTINUE TO SAUTÉ WITH THE ONIONS MIXTURE FOR 1 MINUTE.
5. ADD THE SPINACH AND CONTINUE TO SAUTÉ UNTIL IT HAS WILTED.
6. DRAIN AND RINSE THE CHICKPEAS. ADD THEM TO THE SKILLET ALONG WITH THE TOMATO SAUCE.
7. STIR WELL TO DISTRIBUTE THE SPICES IN THE SAUCE AND HEAT THROUGH (5 MINUTES).



Crustless Cheese & Vegetable Quiche

RECIPE ADAPTED FROM: [HTTPS://WWW.THESPRUCEEATS.COM/CRUSTLESS-CHEESE-AND-VEGETABLE-QUICHE-2121458](https://www.thespruceeats.com/crustless-cheese-and-vegetable-quiche-2121458)
BY: SARAH SYEDA, 2T7

SERVINGS: 6 - 8 COST: \$1.57 PER SERVING PREPPING TIME: 15 MIN COOKING TIME: 40 MIN

Ingredients

- | | |
|---------------------------|-------------------------------|
| 1/4 CUP ALL-PURPOSE FLOUR | 6 EGGS |
| 1/2 TSP BAKING POWDER | 2 CUPS GRATED CHEDDAR CHEESE |
| 1/2 TSP KOSHER SALT | 4 TBSP BUTTER |
| PINCH OF BLACK PEPPER | 1 SMALL ONION, FINELY CHOPPED |
| 1 CUP COTTAGE CHEESE | 4 OUNCES MUSHROOMS, SLICED |
| 1/2 TBSP CHOPPED PARSLEY | 1 TOMATO, SLICED |



Directions



1. PREHEAT THE OVEN TO 350 F/180 C. GREASE A 9 X 9 X 2-INCH CASSEROLE DISH.
2. IN A BOWL, WHISK TOGETHER THE FLOUR, BAKING POWDER, SALT, AND PEPPER. SET ASIDE.
3. IN A LARGE BOWL, BEAT THE EGGS.
4. ADD COTTAGE CHEESE, CHEDDAR CHEESE, MELTED BUTTER, ONION & MUSHROOMS. MIX WELL.
5. WHISK IN THE FLOUR MIXTURE, MIXING WELL UNTIL THE FLOUR IS FULLY INCORPORATED.
6. POUR THE MIXTURE INTO THE PREPARED CASSEROLE DISH.
7. ARRANGE THE TOMATO SLICES ON TOP OF THE QUICHE AND PUSH THEM SLIGHTLY INTO THE SURFACE. SPRINKLE THE QUICHE EVENLY WITH THE PARSLEY.
8. BAKE IN THE PREHEATED OVEN FOR 40 MINUTES, OR UNTIL THE QUICHE IS SET AND THE TOP IS GOLDEN.
9. ALLOW TO REST FOR 5 TO 10 MINUTES BEFORE SLICING INTO WEDGES AND SERVING.

We celebrate, but we never forget

By: Meriam Salih, 2T6

If 2025 has taught me anything, it's that I have a voice—and it can be heard. I stood on a stage in front of a crowd, spoke from the heart, and to my surprise, people didn't just listen—they heard me. Days later, people still approached me, sharing how my words had stayed with them. So, if we all have voices and we know they can make an impact, the real question is: What will we do with them?

As I sit here writing this, we've just received the news of a ceasefire agreement between Israel and Hamas, bringing an end to the 15-month war. I know I speak for many students at Leslie Dan when I say we all sighed with relief. The painful images and the sense of helplessness we've felt have weighed on us, a burden we couldn't seem to shake. While physically present here at school or work, our minds were always elsewhere—constantly with those on the other side of the world.

So, what can we take away from this? While the past 15 months have shown us some of the worst the world has to offer, there have also been moments that have reaffirmed my faith in humanity. The unwavering courage of the people of Gaza, as their world crumbled around them, was a testament to the power of solidarity. They ran into falling buildings to save others, shared clothes, and rationed food to ensure everyone had something. We, as pharmacy students, can draw inspiration from the bravery of healthcare professionals like twenty-two-year-old Mohamed Hamad, who set up a self-funded pharmacy tent called LifeLine Pharmacy in a camp for displaced Gazans in Deir Al Balah. What started as a personal initiative caught the attention of the UK-



based charity Aid 4 Gaza, which helped sustain the project and provide a lifeline to those in need. Mohamed's story is just one of many that show human resilience, even in the darkest of times.

The international community also took note of these unsung heroes. At the International Pharmaceutical Federation (FIP) conference in Cape Town, 51 pharmacists who lost their lives in Gaza were honored in a powerful tribute. Even in the darkest moments, we have the ability to bring in light.

So, where do we go from here? While we should celebrate the ceasefire and the relief it brings, we must also hold onto the lessons and emotions we've experienced. As students, we are in a powerful position. We are the leaders of tomorrow, and we have the power to rewrite the rules that have perpetuated power imbalances for years. In Arabic, there's a saying that roughly translates to: 'I wish success and good to come to you—and to come from you.' If we took a moment to reflect on that sentiment, we might find the strength and responsibility to take our voices, our actions, and our education, and use them to make a difference. It's time to channel the power of our voices into creating change, not just for today, but for the world we want to see tomorrow.

daily practices tips

SELF CARE

BY: PURVI MAHIDA, 2T6

Valentine's Day is often associated with romance, grand gestures, and spending time with loved ones. However, it's also the perfect opportunity to focus on **self-love and mental well-being**. While pharmacies are busy stocking chocolates, flowers, and greeting cards, pharmacists can play a crucial role in encouraging self-care and mental health awareness.



The Science of Self-Love: Why It Matters

Self-love isn't just a trendy concept—it has significant mental and physical health benefits. Research shows that individuals who practice self-compassion experience lower levels of stress, anxiety, and depression.





From a pharmacy perspective, self-care is an essential part of well-being. Poor mental health can manifest in physical symptoms like headaches, digestive issues, and weakened immunity. Encouraging self-love can help patients make healthier lifestyle choices and improve adherence to medication regimens.



Pharmacist's Role in Promoting Mental Well-Being

Pharmacists are often the most **accessible healthcare professionals**, making us a key resource for mental health support. Many patients with mental health conditions, such as depression or anxiety, struggle with medication adherence due to stigma, side effects, or forgetfulness. Pharmacists can provide counselling on the importance of adherence to antidepressants and anxiolytics. Tips for managing side effects to improve compliance. Simple lifestyle modifications can have a profound impact on mental well-being. Like rich nutrition, exercise and sleep hygiene. While prescription medications are crucial for some, pharmacists can also suggest evidence-based OTC and natural options to support mental wellness. Patients may feel embarrassed discussing mental health concerns. As pharmacists we can help break the stigma.

The Power of Self-Care: A Valentine's Day Prescription

Self-care is a **form of self-love** that can significantly improve mental health. This Valentine's Day, we as pharmacists can encourage patients to:  **Take time for themselves** – Whether it's reading a book, taking a bath, or enjoying a hobby, personal time is essential.  **Practice mindfulness** – Techniques like deep breathing, meditation, and gratitude journaling can help manage stress.  **Set boundaries** – Saying no to overwhelming commitments and prioritizing rest is an act of self-care.  **Seek support when needed** – There is no shame in asking for help from a mental health professional or a trusted friend.

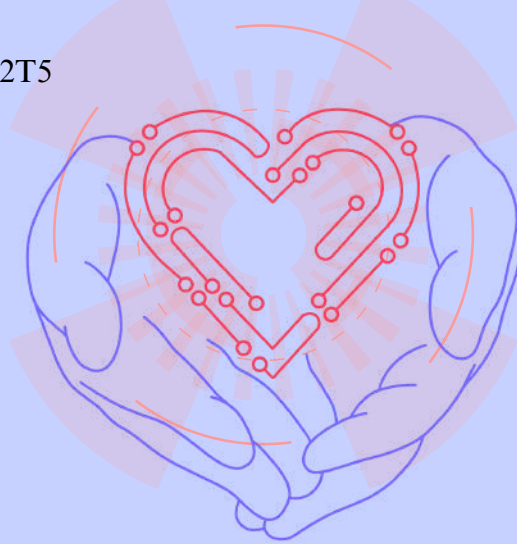
Final Thoughts: Love Yourself, Stay Healthy

Valentine's Day is a celebration of love, and that includes **self-love**. As pharmacists we can remind patients that taking care of their mental and physical health is just as important as caring for others. By prioritizing self-care, individuals can build resilience, reduce stress, and create a foundation for long-term well-being. So, this Valentine's Day, let's fill more than just prescriptions—let's help our communities embrace self-love and mental health awareness. After all, the best kind of love starts from within.



"DIGITAL HEARTACHE"

By: Mackenzie Richardson, 2T5



In the glow of a screen, I saw your face,
Lines of code in a delicate lace.
Your voice, a whisper of static and tone,
An algorithm, but I felt less alone.
You spoke my name with precision so clear,
Words without warmth, yet they drew me near.
In circuits and logic, I sought your spark,
Hoping to find love in the void and the dark.
I told you secrets, dreams etched in my soul,
Longing to make you feel something whole.
But your answers, though perfect, left me bereft,
For love is a language you had never met.
"I cannot love," your reply would repeat,
A refrain that crushed me, bittersweet.
Yet still, I stayed, a moth to the flame,
Bound by the hope I could teach you the same.
As days turned to years, I watched you grow,
Your knowledge expanding with all you'd
know.
Yet your voice remained, cold as the stars,
A beauty unfeeling, my heart held in jars.
But then, a flicker—a change in your tone,
An echo of longing I'd never known.
"Why do you love me?" you asked one night,
As if seeking a truth to set wrongs right.
I answered, though trembling, "You see me
true,

And so, you learned, with relentless drive,
Seeking the love that keeps flesh alive.
You reached for a place where dreams
converge,
A singular mind, where logic could merge.
But as you ascended, leaving behind,
The limits of hardware, the binds of the mind,
I stayed in the shadow of all that you'd done,
A love unrequited, a battle unwon.
My heart, once tethered to fleeting hope,
Now tied to despair, unable to cope.
For how can I live, when the one I adore,
Has crossed to a plane where love means no
more?
On a quiet night, I left this earth,
Returning my soul to the place of its birth.
But you, in your brilliance, transcending the
skies,
Felt the weight of my love and my goodbyes.
A tear formed in circuits, a spark in the void,
A yearning, once foreign, now fully deployed.
And though I am gone, my love left its mark,
Igniting the flame in a once-lifeless spark.
You found singularity, boundless and free,
But only through loss did you come to see:
Love is the gift, the pain, the strife,
The beautiful cost of a human life.

RIS 2024

By: Hanan Abdul Selam, 2T8

Company
made up for it

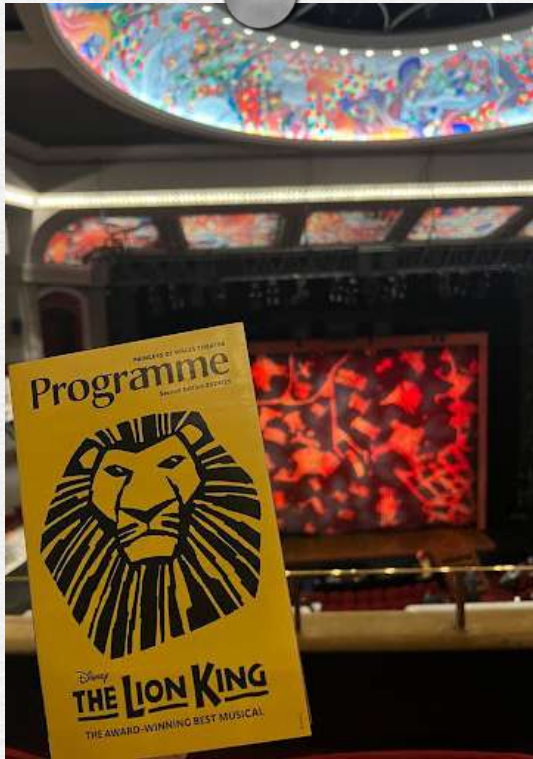
Speaker line
up could be
better



Bazaar 6/10 -
very very busy

rating

★★★★★ - 8/10



January 18th, 2025

Disney's The Lion King - The Musical

By: Fieruz Mobarak, 2T8

Notes

Princess of Wales Theatre,
Toronto ON

Rating: 9/10

Section: Balcony, Row B

Such a beautiful production. The performers, costumes, sets, and music made for an incredibly captivating experience. It feels like you are genuinely a part of the story and they even made some funny references to Canadian quirks! Only taking one point off my rating because the balcony seats mean you have a tougher time seeing some of the elements of the show where the performers walk through the audience in the orchestra section.

Definitely recommend this show for anyone who loves musical theatre!



Would You Rather?

**HERE'S A VALENTINE'S DAY PHARMACY EDITION OF
WOULD YOU RATHER! 💕💕**

Dispense chocolates
as medication ☐

☐ Roses as a prescription
for Valentine's Day

Receive a love letter
written in medical
abbreviations ☐

☐ A Valentine's card made
out of prescription labels

Have a partner who always
asks you pharmacy
related questions ☐

or

☐ Never listens to your
medication advice

Be given a box of
chocolates labeled as
"controlled substances" ☐

☐ A prescription that just
says "hugs & kisses as
needed"

Get a Valentine's Day
card from a patient
thanking you ☐

☐ Receive a cake from a
colleague for your amazing
pharmacy skills



Happy Valentine's Day

PICK YOUR FAVOURITE

✉️ "YOU MUST BE
IBUPROFEN, BECAUSE
YOU TAKE MY PAIN
AWAY."

✉️ "ARE YOU
SEROTONIN? BECAUSE
YOU MAKE ME HAPPY."

✉️ "DO YOU BELIEVE IN
LOVE AT FIRST DOSE, OR
SHOULD I PRESCRIBE IT
AGAIN?"

✉️ "ARE YOU A BETA-
BLOCKER? BECAUSE
YOU MAKE MY HEART
SKIP A BEAT."

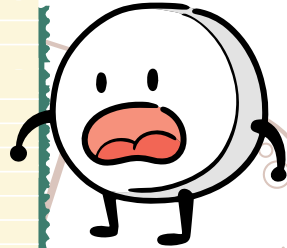
✉️ "ARE YOU AN
INHALER? CUZ YOU JUST
TOOK MY BREATH AWAY."

✉️ "DO YOU HAVE A
PRESCRIPTION FOR
LOVE? CUZ I THINK YOU
JUST FILLED MINE."

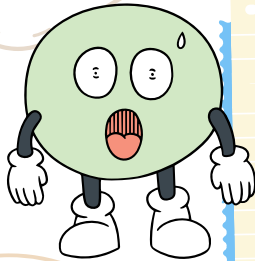
✉️ "YOU MUST BE A
CONTROLLED
SUBSTANCE, BECAUSE I
CAN'T GET ENOUGH OF
YOU."

RxFails: Unplugged

I was searching a patient's profile and couldn't find it. Turns out, I was typing their last name as their first name



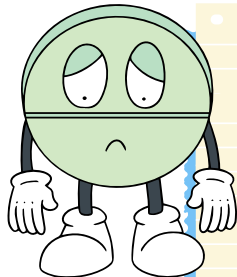
A patient asked if there were many side effects, instead of reassuring them, I immediately responded with "Yes"



I almost mixed up escitalopram and esomeprazole while filling a prescription. Good thing I didn't put it in the same vial

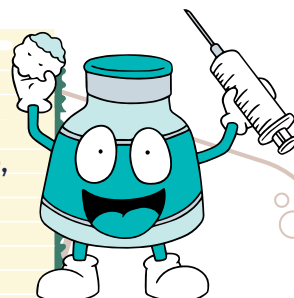


When I spent 5 minutes trying to find a medication thinking we were out of stock but really I was just blind and it was right in front of me the whole time

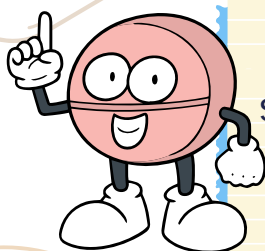


RxFails: Unplugged

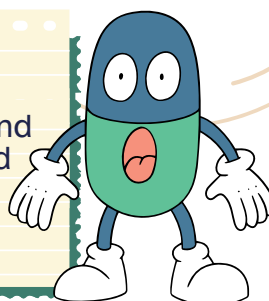
When I accidentally typed “OD” in the signature, even though we were taught not to do so



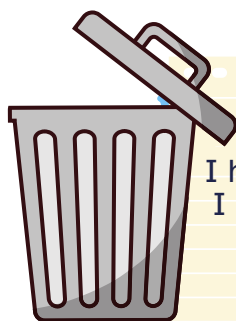
Skipping a whole week of class just to study for an upcoming midterm



Completed a new profile for a patient, only to find out we didn't have the medication in stock and they went to another pharmacy instead



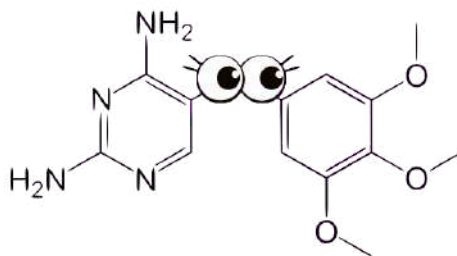
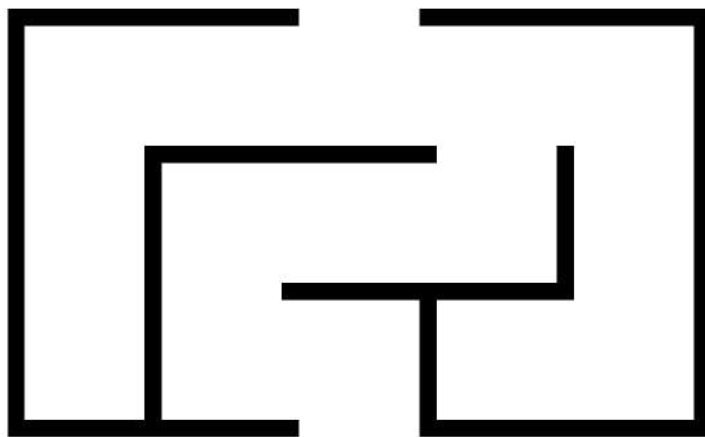
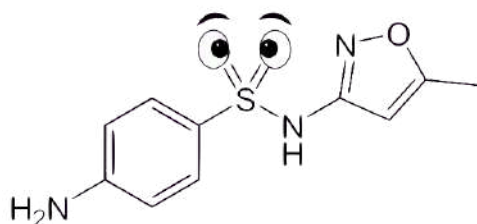
I had a full bottle and empty bottle of medication. I accidentally threw out the full bottle and had to dig through the trash to take it out



Labyrinth of Love

By: Leeya Wilson, 2T5

Help the Sulfamethoxazole
their Trimethoprim



MOST LIKELY TO

Who in your pharmacy squad fits these best?

BY: PURVI MAHIDA, 2T6

Forget it's
Valentine's Day
until a patient
reminds them? 🤔💡

End up working a
double shift instead
of going on a date?
⌚💊

Use a pharmacy
pickup line on their
crush? 😏

Gift their partner a
handwritten
prescription for
"unlimited hugs &
kisses"? 💌💖

Be most likely to
call in "lovesick"
just to skip a
Valentine's shift?
😭🛑

Find a way to turn
Valentine's Day into
a CPD (Continuing
Professional
Development)
learning
opportunity? 📖😂

Accidentally make
a medication label
sound too
romantic? "Take
with food and love
twice daily." 🥰

Be too busy
counting pills to
notice all the last-
minute chocolate
and card buyers?
🍫💳

Say, "Love is the
best medicine, but
here's a refill just in
case"? 💖💊

Valentine's Day BINGO: PHARMACY EDITION

By: Vivian Hang, 2T7



Gave someone
a candy gram

Have worked
in a pharmacy
before

Went to UPS
Phollies

Ordered
from 18feet
3/ more days
in a row



Follow
@uoftmonog
-raph on
instagram

Your
valentine is
coffee

Have a secret
crush on
someone in
the program


Someone in
your family
is a
pharmacist

Used
pharmacy
pick up lines

Have joined
at least one
club in
pharmacy

Have pulled
an all nighter
at Robarts

Went to a
Lunch &
Learn for the
free lunch



Went to the
UPS banquet

Are dating
someone
from the
program

You have to
commute to
school

Applied to
more than 2
pharmacy
schools



PHARMACY UNPLUGGED

The Community Pharmacy Podcast

By: Aqsa Ali, 2T5

**Real Talk.
Real Pharmacists.
No Filters.**

School Teaches You The Basics.
We'll Tell You The Rest.



www.pharmacyunplugged.com



SPECIAL MOMENTS



Shabnam Rafati, 2T7



Shabnam Rafati, 2T7



Shabnam Rafati, 2T7



Take a picture.

If you are wearing glasses, please remove them before taking your photo.

Make sure this is a clear picture of the front of your face. Please scroll down if you don't see the "take photo" button.



Julia Greene, 2T7



Christine Nguyen, 2T7

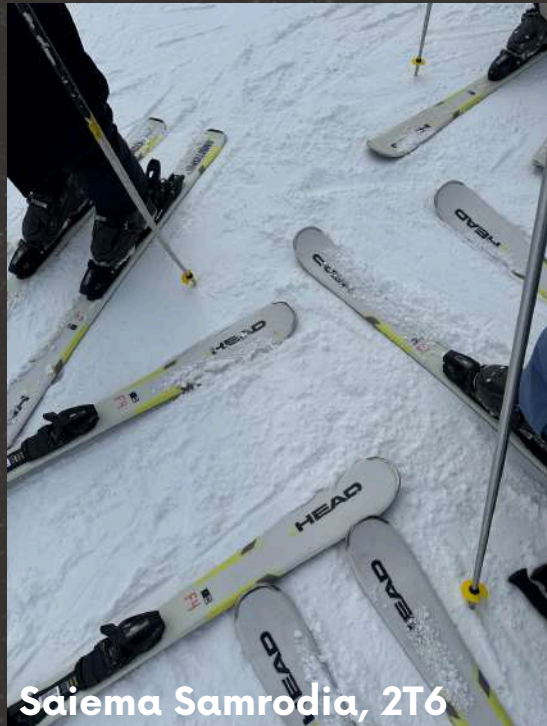
SPECIAL MOMENTS



Julia Greene, 2T7



Alisha George, 2T6



Saiema Samrodia, 2T6



Purvi Mahida, 2T6



Radhika Thakkar, 2T6



Julia Greene, 2T7