

# THE PRIDE

Spring 2022 Newsletter



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Student Editor: Ishani Wewala Panditha,  
Class of 2023 SBC Publicist

Faculty Editors: Dr. Jennifer Courtney &  
Dr. Tiffany-Jade Kreys

# Greetings from the Interim Assistant Dean of Academic Affairs



Around this time two years ago, the whole world was scrambling trying to figure out how to adapt and respond to the uncertainties that the COVID-19 pandemic brought upon all humanity. Looking back at all the challenges we have went through together at CNUCOP, there are a lot of lessons that we all have certainly learned from.

There were definitely very hard times that affected all students, faculty and staff at our CNUCOP family. Some of us have even lost dear and beloved ones or suffered days of struggle with the COVID-19 symptoms, social anxiety or limitations. However, as commonly said, opportunities are born amidst challenges and adversities.

As outlined in this issue of your newsletter and as the name intuitively implies, it gives all a sense of great honor and “Pride” to celebrate all the achievements that you, as future pharmacists, were able to achieve and endure despite all challenges. As a healthcare centered university, CNU and CNUCOP students were at the forefront of public health emergency response initiatives as one of the first public vaccination centers in the State of California, and the list of achievements goes on. From the innovations developed by faculty members and administrators to maintain first-class quality education to all students, to the outstanding national awards and recognitions achieved by faculty and the next generation pharmacists in training at CNUCOP, we all come to the realization that: perseverance is the key to success!

Finally, as you go through this issue of your “Pride” newsletter, please take a moment to reflect on all the opportunities available for each and every student to further explore, engage and realize their maximum potential. As we are back to a full in-person learning environment this semester, we look forward to carrying these lessons learned forward and to making sure that together, we are always ready to take on whatever challenges the future upholds. Wish you all the best in all your career endeavors!

*Islam Mohamed*

Islam Mohamed, B. Pharm, MS, PhD

# Faculty Spotlight

## Dr. Kevin Dong, Assistant Professor



"...It is time for me to give back to students and share my experience..."

### **Tell me a bit about your background and how it led you to pursue a PharmD?**

My favorite and best subjects back in college were math and physics, so I thought about pursuing an engineering career. However, with my mentor's guidance, I started to learn more about pharmacy and realized it is another amazing career.

While in pharmacy school, I was interested in pharmacy and pharmaceutical law and regulation. I established an APPE rotation with the FDA during my P4 year, and I was the first batch of pharmacy students at CNU to undertake this opportunity. It was a great experience to network with all the FDA pharmacists. I realized there are many non-traditional pharmacy career options available in these regulatory agencies. Pharmacists, for example, can work as domestic and international FDA drug inspectors, as well as consumer safety officers. From my FDA experience, I also learned that pharmacists could even wear uniforms to work as U.S. Public Health Service (PHS) Officers. USPHS Officer Pharmacists could work in many different aspects of federal agencies, such as the Center for Medicare & Medicaid Services (CMS), U.S Coast Guard Pharmacy, Federal Bureau of Prisons and Indian Health Services. There are a multitude of pharmacy career options in these agencies that can make your career life interesting and challenging. To this day, I still maintain connections with some of my mentors from the FDA and the USPHS. Their work ethic and officer mentality has really inspired me.

After graduation, I have worked in retail and long-term care pharmacy settings. Due to my rotation experience in the federal agencies, I started to explore career options in California state agencies. I have been working for the state for over 7 years in 3 different departments: the State Board of Pharmacy, State Prisons, and Department of Health Care Services.

### **What motivated you to pursue academia?**

I think it is time for me to give back to students and share my experience, including my success and my past failures. In that way, students could learn from my experiences and have greater accomplishments and success than me in their pharmacy careers.

### **What is the most rewarding aspect of being a pharmacist or a professor?**

The most rewarding aspect of being a pharmacist is expanding and creating more career options for the pharmacy profession. It is a rewarding moment when I see my mentee or students obtaining successful careers, and having a and make a larger impact on the pharmacy profession and public health.



Dr. Dong teaches dance fitness on the first Thursday of every month!!

# Alumnus Spotlight

## Dr. Warda Nawaz, Class of 2019



"...I get to be my own boss."

**Can you explain a little bit about the career path you chose? How did CNU help to shape this career path for you?**

I chose medical writing because I felt stuck in my retail job. I also write novels full-time, because I love creating stories and connecting with the audience. CNU gave me the appropriate writing and research background I needed to build a foundation for a medical writing career. My specialty APPE rotation in online medical information and social media was a good (but small) introduction to medical writing.

**What would you say is the most rewarding aspect of your career?**

The fact that I get to be my own boss. I don't have to clock in, clock out. I work at my own time, at my own pace. I can take breaks when I want. I can turn down clients I don't want to work with. I get to choose how I work and live. That's freedom you can't get working for a corporation.

**Do you have any advice for students on how to choose which career path would be best for them?**

Your career should ideally align with your strengths, values, and interests. It should also match the lifestyle you want to live. I value freedom and autonomy, so writing was perfect for me. Be willing to take risks if you want to build something for yourself and feel more fulfilled. But most importantly, listen to your heart.

**Who was your role model growing up? Did they influence you in any way to choose pharmacy?**

I chose pharmacy because I thought it'd be the "right" choice - a way to earn a stable income, as well as a way to practice patient care. Turns out, life is more complicated than that. My role model growing up was Amy Lee. She's the lead singer of the band Evanescence. As one of the rare but celebrated women in the rock industry, she's had to break down a lot of barriers in a male-dominated industry that's often sexist and misogynistic. She's also fought a lot of battles to write songs and compose music the way she wanted to without the producers changing her art. To this day, I still listen to her music and I'm inspired every day. In a weird way, her music kept me sane through all the tough years in undergrad and pharmacy school. She also gave me the inspiration I needed to write my own debut novel, *The Catalyst*.

# Postgraduate Residency & Fellowship Placements Congratulations to the Class of 2022!

## CONGRATULATIONS TO OUR FUTURE RESIDENTS AND FELLOWS!

### POSTGRADUATE RESIDENCY MATCHES



**Haley Abbett, C/o 2022**  
Community Medical Centers  
at CRMC & CCMC  
Fresno, CA



**Rasna Kaur Atwal, C/o 2022**  
Valley Children's Hospital  
Madera, CA



**Tristan Singh Bains, C/o 2022**  
Kaiser Permanente-Central  
Valley  
Stockton, CA



**Steven Earl Burgos, C/o 2022**  
Dignity Health St. Rose  
Dominican - Siena Campus  
Henderson, NV



**Kathy Kim Do, C/o 2022**  
Dignity Health Hospital-Mercy  
General/Mercy San Juan  
Carmichael, CA



**Elizabeth Browning, C/o 2021**  
Sarasota Memorial Hospital  
Sarasota, FL



**Catherine Le, C/o 2022**  
Kaiser Permanente  
San Rafael, CA



**Alma Guerrero Villarreal,  
C/o 2022**  
Kern Medical  
Bakersfield, CA



**Wendy Jimenez, C/o 2022**  
Desert Regional Medical Center  
Palm Springs, CA

# Postgraduate Residency & Fellowship Placements Congratulations to the Class of 2022!

## POSTGRADUATE RESIDENCY MATCHES



**Jun Ting Liu, C/o 2022**  
John Muir Health  
Walnut Creek, CA



**Vivian Nguyen, C/o 2021**  
Kaiser Permanente  
San Diego, CA



**Quynh Nhat Tran, C/o 2022**  
Sutter Health East Bay  
Oakland, CA



**Hae Ji Shin, C/o 2022**  
Kaiser Permanente-Central  
Valley  
Stockton, CA



**Amritvir Srai, C/o 2022**  
Kaiser Permanente- South  
Sacramento  
Sacramento, CA



**Jenny Tiet, C/o 2022**  
Sutter Health East Bay  
Oakland, CA



**James Alexander Lugtu,**  
C/o 2022  
Kaiser Permanente-  
South Sacramento  
Sacramento, CA



**Thuy Vo, C/o 2021**  
Dignity Health Hospital-  
Mercy General/Mercy San  
Juan  
Carmichael, CA



**Kyle Wong, C/o 2022**  
Sutter Medical Center Sacramento  
Sacramento, CA

# Postgraduate Residency & Fellowship Placements Congratulations to the Class of 2022!

## POSTGRADUATE RESIDENCY MATCHES



**Vy Tran Luu, C/o 2022**  
University Hospital Meds-  
Cleveland, Ohio



**Crystal Vo, C/o 2022**  
Kaiser Permanente-Napa Solano  
Vallejo, CA



**Sang Anh Phan, C/o 2022**  
Sutter Health East Bay  
Oakland, CA

## INDUSTRY FELLOWSHIP RECIPIENTS



**Mandeep Rajpal, C/o 2022**  
Mercer University Azurity and Arbor  
Pharmaceuticals Medical Affairs  
Fellowship 2022-2023



**Vivi Le, C/o 2022**  
Marketing Fellowship 2022-  
2024 at RevHealth



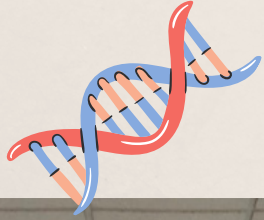
**Nhi Duong, C/o 2022**  
UNC-GlaxoSmithKline CMC Regulatory  
Affairs Fellowship 2022-2024



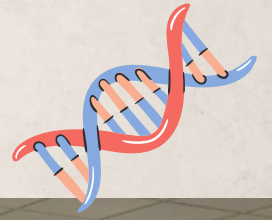
**Jasmine Uchi, C/o 2022**  
Health Strategy and Innovation  
Fellowship 2022-2023 at  
VeganMed Consulting



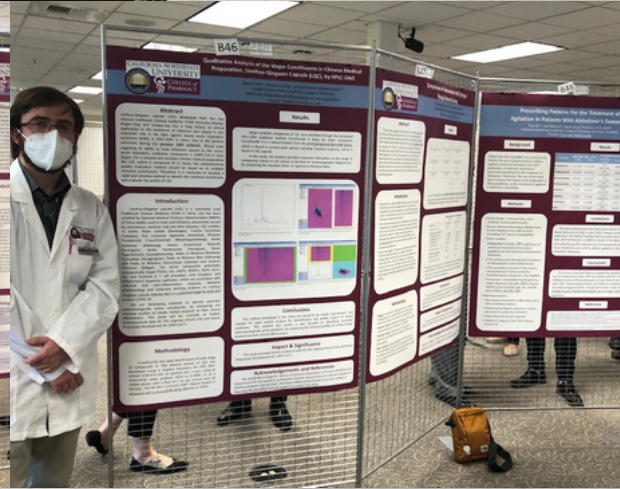
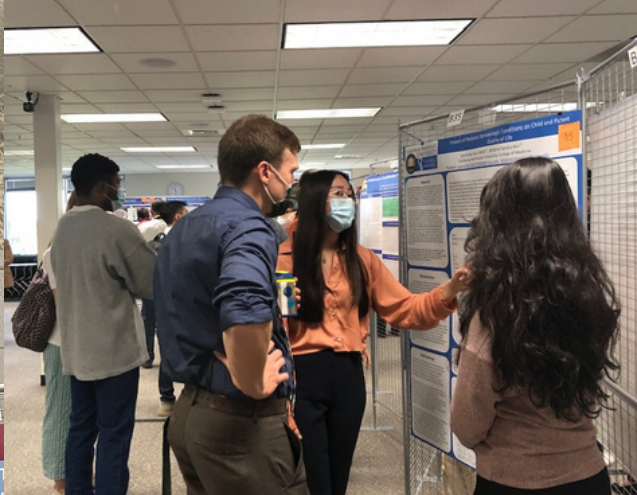
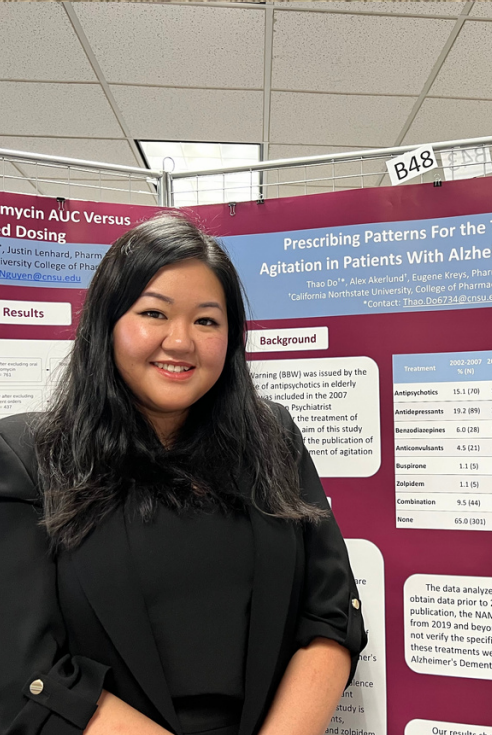
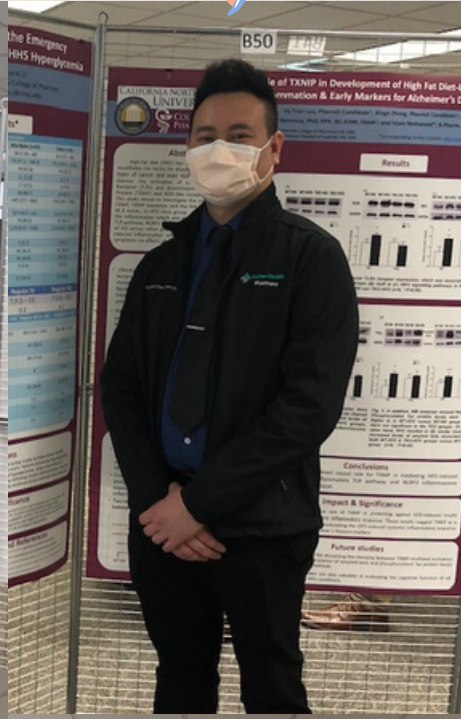
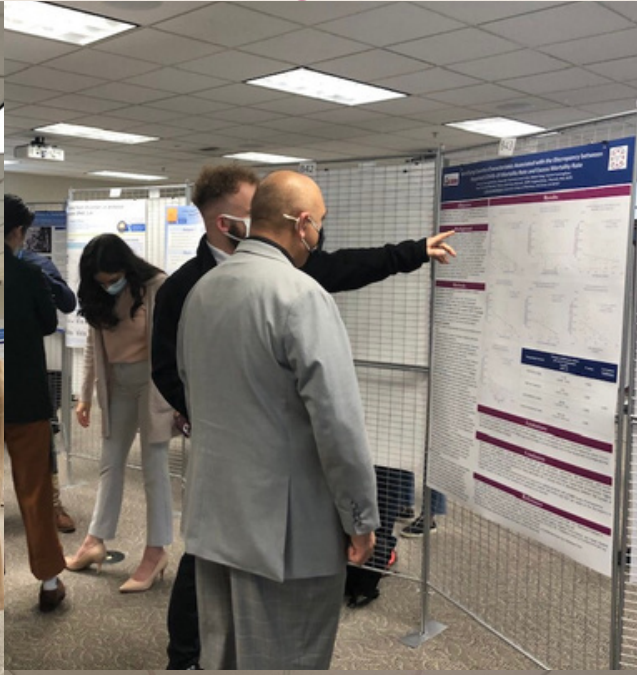
**Sabrina Rai, C/o 2022**  
Medical Affairs- University of  
Southern California Fellowship



# CNU Research Day



Spring 2022



Research day, held on March 18th, 2022, was a success with amazing presentations from students and faculty across all CNU colleges!!



# United States Public Health Service Excellence in Public Health Award



## **Reilly Oki, Class of 2022**

**CPhA - Student Trustee**

**SJPhA - Board Member**

**PLS - President**

**Phi Delta Chi - Philanthropy Chair and Alumni Liaison**

This award highlights students who have contributed to public health by promoting wellness and health in their communities. Reilly was recognized as a top ten recipient by the Pharmacist Professional Advisory Committee of the United States Public Health Service (USPHS) for advocating for the advancement of our profession, which allows pharmacists to better serve our patients. We are so happy to see all of your hard- work pay off!  
**Congratulations Reilly!**

# CSHP-SV Scholarship



**Nemrah Amir, Class of 2023**

**SSHP - President**

**SNPhA- Legislative Chair**

**SSEC Representative for CNU**

The objective of the California Society of Health-System Pharmacist - Sacramento Valley Scholarship is to recognize a student leader role model who has an interest in health-system pharmacy leadership and encourages the involvement of others in professional organizations. The recipient must be active in professional organizations and continue to advocate for the role of pharmacy in the health care world. We are so proud of you Nemrah, and we hope you continue your leadership in serving our community.

# IPC Conference Scholarship



**Patience Iyere, Class of 2023**  
**CPFI - President**

Patience is a finalist selected by the Independent Pharmacy Cooperative (IPC) to represent California Northstate University, College of Pharmacy for their internal college-wide essay competition conference in San Diego. Each year, the IPC hosts and sponsors more than 40 pharmacy students from 12 universities to attend their annual Independent Pharmacy Conference. Scholarships are awarded to the top 10 students in the IPC essay competition. The event presents students with an opportunity to learn about what an independent pharmacy business entails and network with store owners, industry experts, pharmacy vendors, and IPC staff. Congratulations on your well deserved award Patience!

# Semester Highlights

## SNPhA

The Student National Pharmaceutical Association hosted a Food Drive in collaboration with Phi Lambda Sigma Leadership Society to raise awareness for National Hunger and Homeless week. Members of both organizations placed donation boxes throughout the community and volunteered to collect donations throughout the week on campus. Overall, it was a successful event where students and faculty were involved in giving back to the underserved community. We were able to donate over 40 cans and \$260 to the local Elk Grove Food Bank Services.

Written by: Alexia Romero (President of SNPhA)



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## Rho Pi Phi

Our highlight for the spring semester is our Crumbl Cookies Fundraiser to support our professional events next year. Everyone in our organization enthusiastically promoted it to get more sales. When packing, we had 6 members helping put together the orders, doubling our event as a social that brought everyone closer together in the process. The special thing about this fundraiser is that while everyone promoted on their social media, some of our alumni also ordered cookies. Which allowed us to reconnect with them when we went to deliver. It also gave us a chance to catch up or establish new connections. Other alumni ordered a few cookies for their mentees or little's, reminding us that even though they graduated and may be hundreds of miles away, they are still with us and support us from afar.

Written by: Tram Bui (Chancellor of Rho Pi Phi)

Rho Pi Phi  
You're one tough  
**COOKIE**  
Fundraiser  
from Crumbl Cookies

\$6 for 3 cookies  
\$10 for 5 cookies



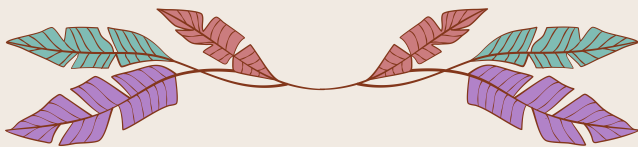
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# Semester Highlights

## PLS

The Phi Lambda Sigma Leadership Honor Society held a workshop, "Leadership: Now and Beyond," with Dr. Jennifer Courtney. She shared her experiences about her leadership involvements as a student, and now as a faculty member. This workshop was very interactive because Dr. Courtney encouraged students to share some of their leadership experiences. We had a great turnout with 40 students who attended. Furthermore, we learned that it is never too late to be a leader, and we can practice our leadership skills anywhere. A huge thank you and shout out to Dr. Courtney for being our special guest speaker. Written by: Robert Yang (President of PLS)



## Kappa Psi



On March 19th, 2022, The Brothers of Kappa Psi had a Spring Retreat at South Lake Tahoe. After a long and stressful school semester, the brothers had a relaxing weekend to unwind and get to know the newly initiated pledge class. As a tradition, every semester, we host a fun social event for our brothers to continue to bond with one another and have fun with everyone outside of pharmacy school.

For our Annual Spring Retreat at Tahoe, we got a cabin for the weekend with the brothers. We were also able to celebrate our 9 newly initiated brothers. We also commemorated a successful year of rushing, pledging, and fundraising for our fraternity. Our executive board has done a great job and has worked hard to continue to fulfill the fraternity's legacy this academic year.

We hope our professional organization continues our socially and brotherly traditions to constantly remind each other that we need to take time for ourselves and are forever connected as Kappa Psi Pharmaceutical Fraternity brothers.

Written by: Camille Anne Labuni (President/Regent of Kappa Psi)



# Semester Highlights

## NCPA

NCPA hosted two great events during Spring 2022. We hosted our annual poster competition and had three great teams that participated. Also, we revived and hosted Student Connect 2022. We had five outstanding speakers from all pharmacy's fields, who shared their wisdom on how to pursue their respective fields. Over 40 students tuned in and shared their interests with our speakers. We are proud of what we have accomplished, and we are looking forward to continuing our service to our community and promoting our pharmacist profession.

Written by: Cafrey He Feng (President of NCPA 2021 - 2022)



## IPhO

The Value of Industry Pharmacists (VIP) is one of the biggest and competitive national events within the Industry Pharmacists Organization (IPhO). Our CNU team consists of students from both the P3 and P2 class working together to facilitate a new drug discovery through the highly regulated drug development process and bringing it to market for patient use. This year (2021-2022) our amazing students have placed 2nd nationally! CNU has historically only made the top 3 twice; however we look forward to placing first in the near future!

Written by: Quoc-Anh Tran  
(President of IPhO)



# Semester Highlights

## APhA-ASP/CPhA

The American Pharmacists Association - Academy of Student Pharmacists/California Pharmacists Association held their annual casino night on March 17, 2022. This event was open to everyone to enjoy a night of games and food. This is our biggest fundraising event of the year where participants were able to win prizes such as a TV, coffee machine, and gift cards. We had an amazing turnout, with about 50 guests who attended, including students and faculty. Written by: Kevin Chau (Co-President of APhA-ASP/CPhA)



## Rho Chi

This semester, the Rho Chi Honor Society held our annual Initiation Ceremony for the new inductees on April 21st at the event center. We had the honor of having Dean Feng and Dr. Islam Mohamed as speakers to congratulate and wish success for our inductees.

The spring initiation ceremony recognizes the top 15% of the P2 class and the top 20% of the P3 class based on their scholarly achievements. A special thank you to Dr. Suzanne Clarke for helping with the ceremony this year.

Also, the Rho Chi National Society celebrated 100 years this year as an organization, what an amazing feat! Congratulations again to all the inductees!!

Written by: Ishani Panditha (Co-President of Rho Chi)

**P2 inductees:** Amber Huynh, Jennifer Li, Tarwinder Purewal, Xinge Zheng, Anmolpreet Kaur, Joseph Won, Ana Rosca, Tureye Abdulla, Mujibullah Karimi, Anh Doan, Abdul Jawid, Diana Nguyen

**P3 inductees:** Navdeep Singh Sran, Thomas Cao Tri Nguyen, Kevin Chau

# Congratulations Graduates!

## CLASS OF 2022



What a journey it has been so far! As you embark on this new chapter of your life, take some time to reflect on how far you have come. Hopefully, these past four years have shaped you to become the best version of yourself.

With all the knowledge you have gained thus far, we hope that you stay true to yourself and to your profession. There is always a home for you here at CNU. We are immensely proud of all the things you have done and will do in your future as a practicing pharmacist.

We wish you nothing but success and endless possibilities for your future!!





# White Coat Ceremony

Save the Date

*CLASS OF 2026*

*August 20, 2022*



# IMPORTANT!

P4 Qualifying Exam: 05/13/2022

P1 Milestone Exam: 07/07/2022

P2 Milestone Exam: 07/08/2022

P1 Orientation Week:  
08/02/22- 08/05/22

P2/P3 Orientation Week:  
08/04/22-08/05/22

