

Student Body Council's **THE PRIDE**

Spring 2024 Edition



Student Editors: Adilene Aguilar, Anaelle Dumatol, &
Angelina Valenzuela
Faculty Editor: Dr. Tiffany-Jade Kreys



A Message from Dr. Tiffany-Jade Kreys

Assistant Dean of Student Affairs & Admissions

As the 2023-2024 academic year comes to a close, I would like to take this opportunity to reflect upon the accomplishments of our student body this year. First and foremost, on behalf of the College of Pharmacy administration and faculty, I would like to congratulate our three valedictorians of the Class of 2024: Dr. Amber Huynh, Dr. Jennier Li, and Dr. Xinge Zheng. Each of these graduates maintained a 4.0 GPA throughout the duration of the pharmacy program! It is of no surprise that they matched for Postgraduate Year-One (PGY-1) Residency positions, along with six other students from the Class of 2024. Each of these graduates exemplified leadership while in the pharmacy program and will continue to pave the way for the pharmacy profession through their commitment to the field and patient care.

I would also like to applaud Dr. Ludmilla Nicov, a Class of 2024 alumnus, for being awarded the prestigious United States Public Health Service (USPHS): Excellence in Public Health Pharmacy Award, for her unwavering dedication to community service initiatives and her exceptional multilingual capabilities, which enable her to adapt her communication style to diverse patient populations. Congratulations also to Dr. Xinge Zheng who not only received this award last year but who was also awarded the American Foundation for Pharmaceutical Education Gateway to Research Award in August of 2023 for her research project, under Dr. Islam Mohammed's mentorship, focused on a potential agent against sheer stress-induced activation of the pro-inflammatory and pro-proliferative osteopontin pathway. She is only one of seven pharmacy students in the nation to receive this award.

Lastly, I would like to recognize CNUCOP's Quiz Bowl Team, consisting of MARRISA Peralta, Nancy Luong, Anaelle Dumatol, Xinge Zheng, Kayla Huynh, Bowei Liu, and Jerico Leyenes. This team took 3rd place in the Western Pharmacy Exchange Quiz Bowl Competition this past April!!! Well done! Our CNUCOP students never cease to amaze and go above and beyond the call of duty. Thank you for your commitment to the college, the university, and the pharmacy profession!

Sincerely,

Tiffany-Jade Kreys, PharmD, BCPP



Faculty Spotlight

Jennifer Courtney, PharmD, BCACP, FCPHA

Dear CNUCOP Colleagues,

As you all know, I am leaving CNUCOP because I have accepted a new position the aligns with my passion for pharmacy, making patient services more accessible to our patients. I wanted to take a moment to tell you how much I have enjoyed my time here at our college. While I am excited about the new opportunity, I am very sad that I will be leaving a place where I have amazing colleagues and student colleagues, such as yourselves. I can't tell you how much I have enjoyed working with and teaching you over the past 8 years. As you all also know, I am a proud alumnus of CNUCOP, and I consider you all my forever family. Goodbyes are not forever; they are a temporary farewell. So, this is not goodbye, it is just a see you later. Please do not hesitate to reach out to me and please keep in touch.



Faculty Spotlight

Tony Eid, PharmD, REHS, APH, CHC, BCMTM, FACC

1. Why did you choose a career in academia?

I chose academia because I wanted to mentor and train future pharmacists, engage in scholarship and research, provide clinical services, and serve the profession.

2. What advice would you like to share with our pharmacy students about choosing their career path?

Gain diverse experiences early on. Pursue introductory and advanced pharmacy practice experiences (IPPEs and APPEs) in various settings - hospital, ambulatory care, community pharmacy, managed care, industry, etc. This will help you determine what aspects of pharmacy most resonate with you. Engage in research, teaching assistant roles, and leadership opportunities as a student to explore academic interests. Cultivate strong mentoring relationships. Identify professors, preceptors, and pharmacists who are doing work you admire. Ask if you can shadow them, collaborate on a project, or just discuss their career trajectory. Mentors can offer invaluable guidance as you discern your professional goals and help open doors to opportunities.



Consider post-graduate training. Completing a PGY1 pharmacy residency after graduation is becoming increasingly important for many pharmacist positions, especially in clinical settings. A PGY2 allows you to specialize even further. A fellowship may be a good option if you are passionate about research or education. While additional training is a significant investment, it can significantly expand your skill set and career options.

Look for ways to combine your interests. A rewarding pharmacy career often involves wearing multiple hats. Clinical pharmacists also precept students, conduct research, and serve on committees. Academia allows you to blend teaching, scholarship, and practice. Don't feel limited to just one professional track - seek creative ways to integrate your talents and passions. Stay open to new possibilities. The pharmacy profession constantly evolves with new roles, practice models, and emerging technologies. Your interests may also shift over time based on your experiences. Embrace a mindset of lifelong learning, adaptability, and growth. Your career path may take unexpected turns, leading to fulfilling destinations.

3. What do you enjoy outside of pharmacy?

I enjoy woodworking, I create cutting boards, side tables, etc. I love working with different wood species and creating something new from raw ingredients..

Alumni Spotlight

Arooj Fatima, PharmD, AAHVP



1. How did your career path evolve? How did you choose your current position?

My career path has been shaped by a blend of passion for pharmaceutical science, a commitment to education, and a desire to make a difference in patient care. During my academic journey, I discovered a profound interest in teaching. As an Assistant Professor at my alma mater, I found immense joy in sharing my knowledge with aspiring pharmacists. Simultaneously, I embarked on a career in pharmacy practice, initially starting as a staff pharmacist and gradually progressing to roles with

increasing responsibility. With each step, I gained valuable experience in medication management, patient counseling, and interdisciplinary collaboration.

Choosing my current position as Pharmacist-in-Charge and Pharmacy Manager was a natural progression fueled by a desire to merge my passion for patient care with my leadership and management skills. In this role, I have the privilege of overseeing pharmacy operations, ensuring regulatory compliance, and fostering a culture of excellence in pharmaceutical care delivery. Moreover, serving as an Assistant Professor allows me to stay connected to academia, enriching my practice with the latest evidence-based approaches and innovations in pharmaceutical science.

2. What advice do you have for our students?

- 1. Embrace Lifelong Learning:** The field of pharmacy is constantly evolving with new medications, technologies, and treatment approaches. Stay curious and committed to continuous learning to stay abreast of the latest advancements and best practices in pharmaceutical care.
- 2. Cultivate Strong Communication Skills:** Effective communication is essential in pharmacy practice, whether it's conveying complex medication information to patients, collaborating with healthcare providers, or leading a pharmacy team. Work on developing clear, empathetic, and professional communication skills to foster positive interactions and patient outcomes.
- 3. Seek Diverse Experiences:** Explore various areas of pharmacy practice, including community pharmacy, hospital pharmacy, research, academia, and industry. Diverse experiences broaden your skill set and help you discover your passion and niche in pharmacy.
- 4. Build a Strong Professional Network:** Networking is invaluable in pharmacy. Connect with fellow students, professors, preceptors, and professionals in the field through internships, conferences, and professional organizations. Building a strong network can provide mentorship, career opportunities, and support throughout your professional journey.
- 5. Maintain Work-Life Balance:** While dedication to your studies and career is important, remember to prioritize self-care and maintain a healthy work-life balance. Take time for activities that rejuvenate your mind and body and prevent burnout.
- 6. Stay Ethical and Professional:** Uphold the highest standards of ethics, integrity, and professionalism in all aspects of your practice.



Faculty Achievements



Congratulations to Dr. Fakhrul Ahsan and Dr. Dipongkor Saha on their recent publication in the Journal of Drug Targeting. This review describes various emerging and promising biologics targeting the proliferative/apoptotic and vasodilatory pathways involved in pulmonary arterial hypertension pathogenesis. Overall, recent literature suggests that biologics hold excellent promise as a safe and effective alternative to currently used PAH therapeutics.



Dr. Malhotra recently published a review in the Journal of Pharmacy Practice titled “The race for Covid-19 vaccines: the various types and their strengths and weaknesses” This review describes the various COVID-19 vaccines - authorized and/or under development - and their composition, advantages, and potential limitations as the world continues to fight this devastating pandemic.





Faculty Achievements



Congratulations to Dr. Tarek Kassem on his recent publication in the *Journal of the American Academy of PAs*! His paper titled “Drugs in primary care that may alter COVID-19 risk and severity” is a nice example of collaboration across allied health disciplines.



We are so proud of Dr. Lenhard for being accepted to the Royal Society Open Science for his paper “Escaping ESKAPE resistance: in vitro and in silico studies of multifunctional carbamimidoyl-tethered indoles against antibiotic-resistant bacteria”. This paper discusses the hybridization and repurposing of compounds as potential antibacterial agents. Congratulations!





Spring 2024 Town Hall Award Recipients

Top Teams: Spring 2024

Top P1 Team: #1

Tanisha Sarup

Vivienne Diep

Feng Chang

Duc Nguyen

Thu Nhat Huynh

Dishika Kaur

Top P2 Team: #1

Taiba Ali

John Kamau

Mahboubeh Padar

Jashanpreet Singh

Rich Thao

Giang (Tracy) Tran

Top P2 Team: #5

Toan Dinh

Kyrsten Jenson

Rondelle Jordan

Elizabeth Nguyen

Theresa Xiong

Top Tutors

P1 Tutor: Kanwalprit Bagri

P2 Tutor: Anaelle Dumatol

P3 Tutor: Thu Vo

Outstanding Students

P1: Vivienne Diep

P2: Theresa Xiong

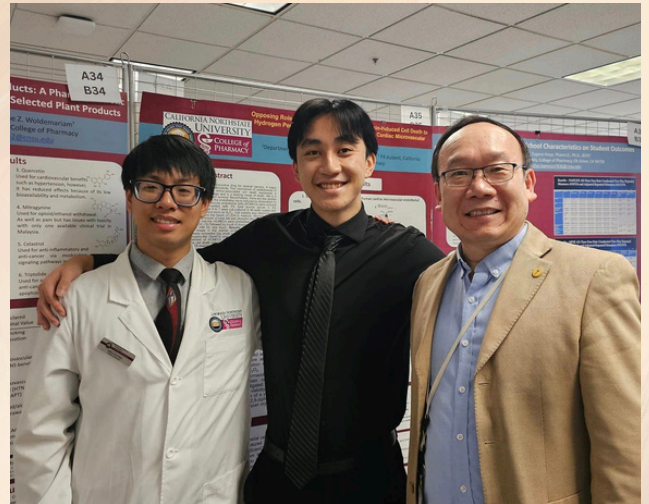
P3: Vishek Sharma

P4: Helia Aryan

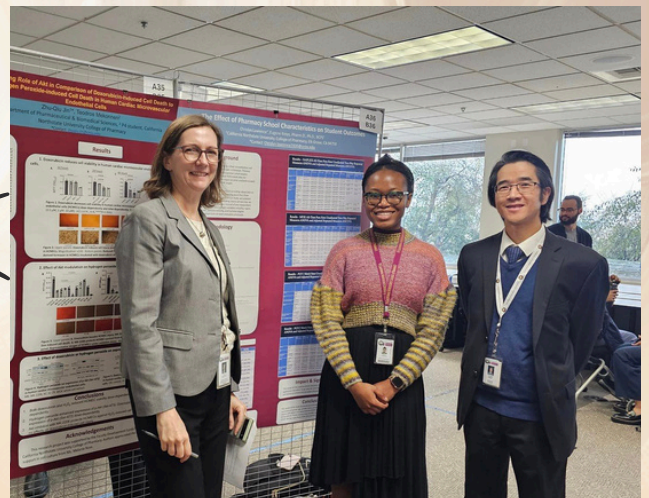
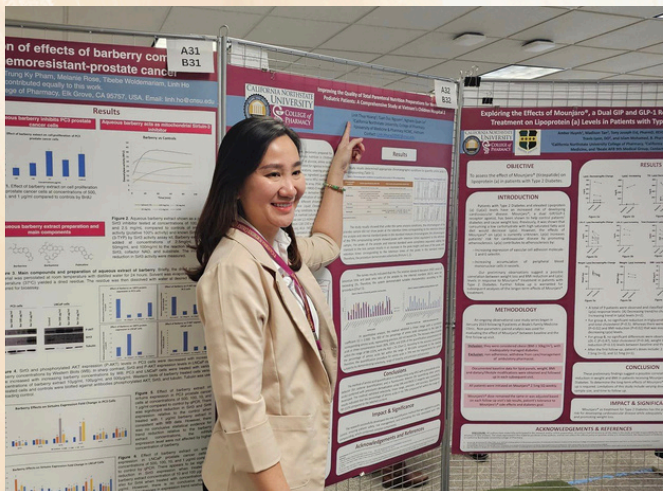
CONGRATULATIONS



CNU Research Day



CNU Research Day, held on February 9, 2024, was a resounding success, showcasing the impressive work of medical, pharmacy, and dental students, along with those from other CNU colleges. Through podium presentations and over 100 poster displays, our students had the opportunity to present their research projects to the CNU community. The event was a testament to their dedication and highlighted their accomplishments in areas such as public health, drug discovery, medicine, pharmacy, and dentistry. Congratulations to all the students and faculty involved for their outstanding contributions to advancing healthcare!



USC Pharmacy Leadership Seminar



Pedram Tabrizi, Student Body Council President from the Class of 2025, recently represented CNUCOP at the prestigious 5th Annual California Pharmacy Leadership Seminar hosted by USC Mann School of Pharmacy and Pharmaceutical Sciences. This one-day event brought together pharmacy student leaders from across California to share their innovative ideas and cultivate leadership skills, emphasizing the theme "Include to Inspire." Participants reflected on affiliative leadership and how diverse styles within their teams can inspire new ideas and empower future generations.

During the seminar, Pedram presented his initiative, PharmConnect: Building Bridges to Empower Pharmacy Leadership, a novel program designed to foster collaboration and leadership among pharmacy students. His dedication and vision earned him special recognition from Vassilios Papadopoulos, DPharm, PhD, DSc (Hon), Dean of USC.

The seminar, held at the Pharmaceutical Sciences Center (PSC) on December 2nd, included motivational speeches, leadership activities, and showcased various student-led initiatives. Attendees explored strategies to seize opportunities and inspire the next wave of pharmacy leaders.

Phi Lambda Sigma (PLS)



Phi Lambda Sigma, also known as the National Pharmacy Leadership Society, at California Northstate University College of Pharmacy inducted 17 new members this past spring.

Phi Lambda Sigma recognizes those who are actively involved in advancing the profession of pharmacy through dedicated service and leadership.

2024 Phi Lambda Sigma Members

**Adilene Aguilar
Randall Andres
John Biundo
Anaelle Dumatol
Desiree Ewell
Hang Gao
Noora Khalaf
Cliff Ly
Denisha Mani**

**Loi Quach
Mardina Samaan
Pedram Tabrizi
Avneet Toor
Tracy Tran
Nita Vue
Tina Vuong
Sang Vuong
Theresa Xiong**



**Advisors:
Dr. Olivia Phung
Dr. Linh Ho**

Phi Lambda Sigma (PLS)



Congratulations to Dr. Jennifer Courtney for receiving the Chapter Alumni of the Year Award!

Dr. Courtney's dedication to the student body is evident through her selfless contributions, always prioritizing student welfare. Her efforts have enhanced the academic experience and fostered a strong sense of community. As a mentor, she has inspired many students to pursue their passions and excel. Her innovative programs have created lasting impacts, benefiting future generations.

Beyond her professional achievements, Dr. Courtney is cherished for her warmth and kindness. She readily offers guidance and support to students and colleagues alike.

We extend our heartfelt gratitude to Dr. Jennifer Courtney for her remarkable contributions and congratulate her on this well-deserved honor.

Rho Chi Honor Society



On April 25, 2024, Rho Chi convened its induction ceremony, an occasion celebrating the outstanding academic accomplishments of new inductees in the pharmacy program. Each participant solemnly undertook the initiation ritual, pledging their commitment to the values upheld by the Rho Chi society. Dean Feng delivered a warm welcome address, emphasizing the importance of Rho Chi membership. Family and friends gathered to honor and applaud the achievements of the new inductees, offering their unwavering support and encouragement.



Rho Chi Honor Society



Class of 2025

Rho Chi Inductees

Amy Abram
Desiree Ewell
hang Gao
Jashandeep Kaur
Karim Pajazetovic
Christopher Phung
Canh Ta
Avneet Toor
Khoi Tran
Thu Vo
Nancy Luong*
Dania Rayyan*
Katalina Vue*
Jaskaran Aulakh*

Class of 2026

Rho Chi Inductees

Anaelle Dumatol*
Hieu Huynh*
Kaitlin Moore*
My Trang Tiffany
Nguyen*
Ogechi Okorie*
Giang Tran*
Sang Vuong*
Theresa See Xiong*

Advisors:

Dr. Olivia Phung
Dr. Peter Tenerelli

***inducted this school year**

Congratulations



Pictured: Jerico Leynes, Anaelle Dumatol, Harleen Kaur, Simran Kaur, Dr. Jennifer Courtney, Nancy Luong, Marrisa Peralta, Ghofran Mohsen, and Xinge Zheng



At the Western Pharmacy Exchange meeting in Las Vegas on April 19, 2024, students from CNUCOP participated in Quiz Bowl, competing against APhA-ASP chapters across the nation. During the intermission, chapter innovative award videos were showcased, adding a celebratory highlight to the event. California Northstate students Xinge Zheng, Bowei Liu, Nancy Luong, Harleen Kaur, and Marrisa Peralta excelled, winning third place in the Quiz Bowl Competition!

Congratulations to Our Future PGY1 & PGY2 Residents!

Post-Graduate Year One Residents



Amber Huynh

PGY1 - Kaiser Permanente
Oakland, CA



Jennifer Jie Ying Li

PGY1 - Kaiser Permanente
Vallejo, CA

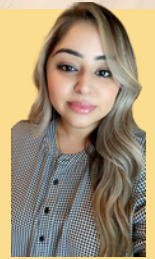
Ludmila Nicov

PGY1 - VA Medical Center
Mather, CA



Sukhmir Purewal

PGY1 - VA Medical Center
Syracuse, NY



Tarwinder Purewal

PGY1 - Kaiser Permanente
Vallejo, CA



Lai Saechao

PGY1 - Kaiser Permanente
Sacramento, CA

Xinge Zheng

PGY1 - Sutter Medical Center
Sacramento, CA



Tieu Nhi Dang

PGY1 - Providence Centralia Hospital
Centralia, WA

CALIFORNIA NORTHSTATE
UNIVERSITY



COLLEGE of
PHARMACY



Vi Nguyen

PGY1 - Eisenhower Medical Center
Rancho Mirage, CA

Congratulations to Our Future PGY1 & PGY2 Residents!

Post-Graduate Year Two Residents



Alexander Akerlund

PGY2 - Kaiser Permanente
Oakland, CA, CA



Michelle Lee

PGY2 - Keweenaw Health
Vallejo, CA

CONGRATULATIONS
PGY1 AND PGY2
RESIDENTS!

2023-2024 Scholarships & Awards Recipients

President's Award

Rami Almuktar, Class of 2024

Nancy Luong, Class of 2025

My Trang Tiffany Nguyen, Class of 2026

Nicholas Paolini, Class of 2027



Dean's Student of the Year Scholarship

Helia Aryan, Class of 2024

Pedram Tabrizi, Class of 2025

Theresa See Xiong, Class of 2026

Haseeb Afrasyab, Class of 2027

Student Community Service & Leadership Award

Marrisa Peralta, Class of 2025

Iqra Ahmad, Class of 2026

Academic Excellence Award

Jashandeep Kaur, Class of 2025

Giang "Tracy" Tran, Class of 2026

Nicholas Paolini, Class of 2027



Student Researcher of the Year Award

Ludmila Nicov, Class of 2024

Dr. Kevin Dong Memorial Scholarship

Denisha Mani, Class of 2026

2023-2024 Scholarships & Awards Recipients

Layla Kassem Scholarship

Tarwinder Purewal, Class of 2024



TTPOL Competition Winner

Sang Vuong, Class of 2026



PRIDE Award Recipients

**Desiree Ewell, Class of 2025
Nita Vue, Class of 2025
Joshua Ranario, Class of 2025
Pedram Tabrizi, Class of 2025**

Viatrix Excellence in Pharmacy Award

Jennifer Lie Ying Li, Class of 2024

United States Public Health Service: Excellence in Public Health Pharmacy Award

Ludmila Nicov, Class of 2024

Albertsons' Community Pharmacy Scholarship

**Mandeep Kaur, Class of 2027
Angelina Valenzuela, Class of 2026
Nancy Luong, Class of 2025
Vishek Sharma, Class of 2025**



2023-2024 Scholarships & Awards Recipients

Walgreens' Multilingual Scholarship

Mariam Yilmaz, Class of 2026

Walgreens' Diversity and Inclusion Scholarship

Rami Almuktar, Class of 2024

CVS Bilingual Community Pharmacy Scholarship

Tina Vuong, Class of 2026

Mariam Yilmaz, Class of 2026

Tarwinder Purewal, Class of 2026

Steinberg Institute Champion

Iqra Ahmed, Class of 2025

Northern California Education Foundation Scholarship (NCEF)

Mandeep Kaur, Class of 2027

Denielle Estep, Class of 2027

Bryan Huang, Class of 2027

Krysten Jenson, Class of 2026

Iqra Ahmad, Class of 2026

Cliff Ly, Class of 2026

Tina Vuong, Class of 2026

Anaelle Dumatol, Class of 2026

Gillian Taganas, Class of 2025

Helen Seyoum, Class of 2025

Anahita Sajadi, Class of 2025

Sally Lang, Class of 2024

Anh Ho, Class of 2024



IMPORTANT DATES

CLASS OF 2027
Three-Year PharmD

28 - 9
MAY - AUG

SUMMER CELL &
MOLECULAR BIOLOGY
AND BIOCHEMISTRY

13 - 16
AUG - AUG

PHARMACY PRIMER
PROGRAM

20 - 23
AUG - AUG

NEW STUDENT
ORIENTATION

24
AUG

WHITE COAT
CEREMONY

26
AUG

FIRST DAY OF
CLASS

**SAVE THE
DATE!**

CALIFORNIA NORTHSTATE
UNIVERSITY



COLLEGE of
PHARMACY



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