

THE BLACK APOTHECARY



Lost in the Sauce

PATRICK FOTSO, *Third-year pharmacy student*



Have you ever been devastated in your life? To the point where you thought you were actually invincible and realized that, “no, you are human.” I am so grateful to God this “setback” happened because there were some parts of myself I needed to explore more in order to express my full potential.

Yes, everything went great since July 1st, 2016 when I started my first day on this wonderful campus. I had high expectations for myself both as a student and professional advocate. I knew what I wanted to accomplish. I came in with an agenda because I was deeply passionate about healthcare policies that would advance the future of Pharmacy. From the way I talked, people could feel my passion. On October 19th, 2016, I met a brilliant woman by the name of Dr. McCants during the CCPMRC workshop and she said, “I can feel your passion by the sound of your voice, where does that come from?” I could not explain it. Yet, I knew I was doing something right. Fast forward, I met my mentor, one of my role models, Iman Ahmed who motivated me to be myself and continue to be that upbringing vessel that was needed in our institution.

I made my impact as the APhA-ASP President Elect and rose to National “fame” as the president after accomplishing very unique policy proposals in the loving state of District of Columbia.

Furthermore, I dedicated my time and energy to foster future leaders on campus because I always

thought it was the right thing to do. I love to see anybody else shine.

Yet, I am STILL a pharmacist student. I believe I sometimes got lost in “what I was supposed to be”, which was a pharmacy student who must set academic goals as an ultimate priority to move swiftly in a program. I was able to manage everything from my first year to third year until Integrated Therapeutics III C, the last course before rotations.

It was on May 7th, 2019 when I heard I couldn’t move forward as a fourth-year doctorate of pharmacy because I wasn’t successful at passing the IT 3C course. My overcommitment for this beautiful institution costed me.

I do NOT believe in the word “failure”, I believe in “lessons”. It has been almost six months, and I have been assessing my lesson. I noticed that I needed to spend more time with “myself” and focus on rebuilding and growing. The best thing about setbacks is to first pointing a finger at yourself for where you currently are in life, then second replaying your story film to see what went wrong, and third drawing a map for your life starting where you currently are.

During this time of rebuilding, I read more educational books about wealth, self-love, and healthy life. I am currently participating in Senator Kamala Harris’ presidential campaign as a policy drafter for immigration and healthcare. Furthermore, I am working on my motivational gigs to uplift the unfortunate.

I am sharing this with you all today to tell you that you MUST understand that school always comes first. You can be an outstanding professional activist and a student at the same time. But you must make sure that one activity doesn’t outperform the other. If you ever go through an academic setback, just know that you were still meant to be great. Greatness is not determined by your ability to get your PharmD degree in 4 years, but it is determined by your ability to deal with adversity in a great manner.

Stay working, stay resilient, and build a legacy that will uplift your peers, your future spouse, children and future generations to come. Never ever shy away from embracing your truth.

“Live with passion and you won’t ever regret it”

News Rx

Class of 2023 Chronicles: Part 1

EYERUSALEM AYELE, *First-year pharmacy student*



Once again, we have reached the time of the semester when teachers are nearing the end of their syllabus. Students are rushing about studying, finishing their assignments and perhaps paying more frequent visits to their teachers' offices.

The past few months have been quite hectic for the class of 2023 as we struggled through our first

LOST IN THE SAUCE 1

NEWS RX 2

LIFE & STYLE RX 3

HEALTH & FITNESS RX 4

ENTREPRENEUR RX 5

MOTIVATION RX 7

semester in pharmacy school. Although the initial overconfidence and excitement was knocked out of most students after the first round of exams, the P1 class has persisted a positive attitude throughout the semester. The past few months have presented us with several academic and personal challenges: not everyone has made it this far in the school year, and not everyone who has made it is satisfied with their performance. However, the one thing that has been reiterated to us in seminars and workshops is the importance of consistency and resilience to achieve excellence; there shouldn't be a reason we can't attain our goal if we develop these characteristics.

In the coming semesters, there will be a lot more expected out of us as upperclassmen and almost-pharmacists. Our growth during this journey should not be limited to personal improvement, but should extend to building a strongly bonded class that operates as a team. Hard times indeed bring people together and I am confident that we will come to terms with how much we can learn from each other and how much we can benefit from being each other's support system.

Life & Style Rx

DERRICK AMENYEDOR, *Third-year pharmacy student*

PN

Dr. Patricia Noumedem
Don't put yourself in a box.



YOU DON'T HAVE TO DRESS CONSERVATIVELY TO BE PROFESSIONAL

Coco Chanel once said "Dress shabbily and they remember the dress; dress impeccably and they remember the woman." **Fashion is important** because it is a statement to the world about who you are. When you dress for work, you dress for the job you want, not the one you have. I sat down with Dr. Patricia Ayuk Noumedem to discuss how she debunked the myth that conservatism equals professionalism.

D: How would you classify your fashion style?

PN: I like colors. Because I have a darker skin tone, I like colors. As a little girl, I have always loved colors. Also, my choice in bright colors reflects how bright I feel inside.

D: Where do you draw your inspiration from?

PN: I am a child of God and ambassador for Jesus Christ. He is my inspiration. My inspiration to look good is a reflection of how good I feel. My mother was also a professional dressmaker. We were always sophisticated with dress. I was raised in a family where looking good was important.

D: How much time do you put into your fashion?

PN: I remember when I was a resident at Philadelphia Temple Hospital with two other residents—they would ask me why do I spend so much time dressing up. But I don't think it takes me any more time to put clothes together. I line my jewelry in the morning and I coordinate it with three or four different outfit selections

D: How do you think fashion is tied to professionalism?

PN: They always say a picture is worth a thousand words. When you show up for an interview, your attire sets a first impression. A conclusion is made about you before you even open your mouth. The way you look really matters—it says a lot about you.

D: How do you remain fashionable and professional?

PN: Some people believe, in the medical profession, that you have to wear brown or blue suits. I don't believe that. I like the fact that I'm from Africa and I don't have to reserve those outfits for the weekend. Professionalism has been placed in a box. You can be stylish and professional. You don't have to be conservative to be professional.

D: What are your go-to stores?

PN: I go to African stores and find fabric. But I also go to Lord & Taylor and Macy's.

D: Any advice for our readers?

PN: I am very flattered and honored to have my students select me as fashionable. Just relax, be yourself, and respect the professionalism code.

Health & Fitness Rx



HEALTHY THANKSGIVING

Side Dish Recipe

Green Bean Casserole

Prep time: 15 minutes



INGREDIENTS

FOR ONION TOPPING

- ▶ 1 small onion
- ▶ 1 tbsp extra virgin olive oil
- ▶ 1/4 cup panko breadcrumbs
- ▶ Kosher Salt
- ▶ Freshly ground black pepper

FOR CASSEROLE

- ▶ 1 lb green beans, trimmed
- ▶ 1 tbsp extra virgin olive oil
- ▶ 1 small onion diced
- ▶ 8 oz sliced mushrooms
- ▶ 2 cloves garlic, minced
- ▶ 4 tbsp butter
- ▶ 1/4 cup all-purpose flour
- ▶ 2 cup skim milk or 2% milk
- ▶ 1 cup low sodium chicken or vegetable stock

INSTRUCTIONS

1. Preheat oven to 375 F. In a skillet, sauté onions for 4-6 minutes. Remove and place in a bowl. Toss with panko, salt and pepper.
2. In a large pot, boil green beans for 3 minutes. Transfer green beans to ice bath and then drain. Transfer to bowl.
3. In large skillet, sauté onions for 5 minutes. Add mushrooms and season with salt & pepper. Cook, stirring often, for 5 minutes. Transfer to bowl with green beans.
4. Melt butter in the same skillet. Whisk in flour and cook for 2 minutes. Gradually whisk in milk and stock until thickened, about 4 minutes. Remove from heat and add green bean mixture. Transfer to a medium casserole dish.
6. Bake until warmed through, about 20 minutes. Top with "fried onions" and bake 10 minutes more, until golden.

Entrepreneur Rx



Pinky Winx

Maryland A. Okoro

📷 @pinkywinxofficial

🌐 pinkywinxofficial.com

What business do you run?

I am the sole owner of the brand Pinky Winx. Pinky Winx is an online beauty boutique, under Maryland Adure LLC, that specializes in human hair extensions and Crowns, mink lashes, cosmetic tools, custom plated stainless steel jewelry, and waist and wrist beads. Our products are hand-made, shipped nationally & internationally, and inspired by various people and African cultures. Countries represented by our brand's product names include Nigeria, Sierra Leone, and Ghana—to name a few. We believe that beauty is medicine and treatment should be affordable.



What inspired you to start your business?

I have been in STEM related fields my entire life. I have always wanted to pursue my own business but, because I am so financially invested in the sciences, I felt that that was all I could be. After endless Youtube videos and podcasts on financial freedom and entrepreneurship, my confidence started to increase and my values started to slowly shift. I started to realize the quality of life that I wanted upon graduation, and how student debt was really going to impact that. The week before spring break I started researching different business markets and trends. The moment I finished my last midterm I started speaking to partners overseas, drafting a business plan, and making business cards. By the time the break was over, I came up with a name, started a business account and Instagram, submitted my limited liability company application, ordered samples and created an office in my room. On March 14, 2019, I founded Maryland Adure LLC, and the Pinky Winx Brand. The rest is history! I sold my first products to my friends, family and classmates. I even did my first vending event at the 2nd annual Dose of Pink event right in CCH.

My long-term business goal is to expand my brand, pursue other lucrative business ventures under my company, and pay off my student debt. Professionally, I still intend on pursuing a residency or fellowship, and transitioning to industry in the medical affairs sector as a pharmacist. It is my hope that, when you see me pursuing my dreams, you will choose to pursue yours as well.

How do you balance pharmacy school and entrepreneurship?

I balance pharmacy school and entrepreneurship mostly through **time management and organization.**

TIME MANAGEMENT:

Business:

- I fill orders in the morning and ship them before class.
- I talk to my vendors overseas in the evenings.
- I do inventory on the last day of every month.
- I try to post at least 1 photo on instagram each morning
- I do website maintenance on the weekends
- I save any major projects for academic breaks or holidays. This includes designing, testing and adding new merchandise, price changes, creating business strategies, making coupons and ads, etc.

School:

- I go to ALL my classes (it's easier to remember topics if I have already heard it before).
- I annotate all my lectures in class, then print them out. A week before an exam, I take those printed notes and rewrite them by hand.
- Tegrity is life.
- I go to tutorials.
- I have a study group.
- Lots of all-nighters.
- I have a calendar for all my appointments, exams, labs, assignments, extracurricular activities, etc.
- I try not to wait till the last minute.

ORGANIZATION:

Business:

- I have templates for all my captions.
- I have a list of hashtags that are organized by product category.
- I have a playlist for music for my promotions.
- I have a gallery of Pinky Winx branded photos that I add to on a daily basis.
- All my business documents and products are in labelled in folders or boxes.
- Products are all grouped and labeled.
- I have all my business emails synced to my phone

School:

- On my computer, I organize all my classes by semester and then by class. I annotate all my lectures in class, then print them out. A week before an exam, I take those printed notes and rewrite them by hand.
- All my lectures are labelled and annotated for the most part.
- I print and keep my syllabi so that I can reference them at any time.
- I always anticipate a last minute change in any course, and remain flexible.

What advice would you give to future student-entrepreneurs?

Always remember that school comes first.

Never forget why you started.

Today is better than tomorrow.

Know your worth and then add tax!

Black Friday Sale!! 11/30 - 12/1

Motivation Rx

TIPS FOR MIDYEAR



The Residency Showcase is intended for the graduating Class of 2020



PREPARE IN ADVANCE. View the Residency Showcase Listing.



Some programs are involved in the Personnel Placement Services which allows one-on-one interviews with an extra fee.



Have questions prepared before you come to the showcase.



Most importantly, **HAVE FUN!** Good luck to all the prospective residents and fellows.

Editor in Chief

Rukiya Umoja

Staff

Derrick Amenyedior

Eyerusalem Ayele

Andrea Bush

Kendra Getaw

Willis Marsh

Nkemjika Okany

Madison Taylor

Joyce Tobias

Faculty Advisor

Dr. Monika Daftary

Email

blackapothecaryhurx@gmail.com