

# Pharmakon

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## Farewell to Dr. Gopalan

By: Rim Hadgu,  
4th year Staff Writer

An excellent educator is a person who is hard working, has a passion for teaching, cares greatly for students, makes learning enjoyable, and assesses his or her teaching methods. One such person is Dr. Chaya Gopalan. I have worked for her as well as been her student for the past four years and observed her infectious love for teaching and physiology.

To say that Dr. Gopalan is hard working is an understatement because she goes above and beyond her duties as an educator. Simultaneously, she works on at least four projects in addition to teaching; such as educational research, basic science research projects, a cook book, an eBook for her classes as well as volunteering at her temple. Although she is extremely busy, her door is always open for students to ask questions and she responds to emails within a few hours whether it be after hours or at 2 AM before an exam. Even during breaks, she is in her office revising her study guides and working on research projects, and recording lectures. She is willing to come in early or stay late or even work on weekends to accommodate her students. Additionally, Dr. Gopalan is an active member of the college community. She is an advisor of the International Student Organization and Desi Beats, volunteers to serve students finals week breakfast every semester, and participates in the annual student auction where she cooks authentic, traditional Indian meals for eight people at her home.

In the classroom, she is vibrant and her students clearly see her passion for teaching. Dr. Gopalan utilizes technology to enhance learning by exploring new programs. For instance, two years ago, she took a course in a program named InDesign to create an eBook for the Introductory Physiology course that contains study guides and content questions. In addition, she records her lectures and enables students to solidify their knowledge by watching them outside of class. Her study guides and practice questions, which are frequently updated, guide students to learn the concepts and discourage memorization. Having her as a professor for Introductory Physiology prepared me greatly for Advanced Physiology as well as Pathophysiology and Pharmacology. In addition, she creates review jeopardy questions that require students to collaborate with their peers. They allow students to interact with each other and discuss their understanding of the lessons covered. The questions are reflective of what she expects students to know, which motivates them to review the material before and after class.

Furthermore, Dr. Gopalan uses research to assess her teaching methods to improve student learning. She is flexible and welcomes change to help her students even though it may require her to commit more time. She has conducted educational research on the impact of taking an Individual Readiness Assurance Test (iRAT) prior to the team Readiness Assurance Test (tRAT) on exam scores. The research showed that students who took the iRAT before the tRAT performed better on the exam. As a result, many professors at the college have adopted her method of teaching. I am fortunate enough to have worked with her on the impact of Pre-recorded lectures (PRLs) on student performance when they are used to replace live-lecture (LL).

Not only is Dr. Gopalan passionate about teaching, she is also passionate about her students. She wants her students to understand her course and notices when they are struggling. She gives invaluable advice and encourages her students to find how they learn best. During finals week, she schedules extra review sessions.



The weekend before our final for Introductory Physiology is something I will never forget. My friends and I scheduled a meeting to go over our exams before the final and we had to leave after reviewing only two exams. She volunteered to come on Sunday so we can go over the rest of our exams as well as to discuss difficult concepts during our studies. Anyone was welcome to attend this review session.

Moreover, Dr. Gopalan is a wonderful mentor. When I began working for her my first week of first year, I would always take on more projects than I can handle and she was there to help me prioritize. She would always ask me "What is your number one job?" to which I would reply "school." She never let me lose sight of what is important and guided me to make good decisions. When I was self-conscious about my ability to do research, she encouraged me to work harder and immerse myself in the project. She gave me the confidence and the audacity to believe that I can be good at it and enjoy it. She taught me to be persistent and to pursue my goals regardless of the outcome. I have come a long way to presenting my research at multiple conferences all because she believed in me and gave me the proper guidance. Dr. Gopalan is someone who has made a significant impact on my life and I am forever grateful for her wisdom, guidance, and motherly advice.

My experience with Dr. Gopalan is also shared by many students. Here are a few student testimonies of her dedication to education and developing students.

### Sean Blackledge

"Dr. Gopalan's dedication to her students is beyond compare. She takes no short-cuts or easy ways around things in the classroom. Rather than becoming complacent in her level of her teaching, she constantly strives to improve her lecture format and content. She selflessly devotes her spare time to helping students, even outside of normal office hours, and generally goes far and above beyond what is expected of her as a teacher, even with many other hats to wear. She is genuinely warm and encouraging, making an effort to connect with all of the students who visit her on a personal level—not a small undertaking with a class exceeding 200 students. This devotion to the success of her students, academic and otherwise, is what sets Dr. Gopalan apart from the average college professor."

### Dainielle Fox

"There aren't enough words in the English language that I could use to describe how much Dr. Gopalan impacted my life. I started my interaction with her as a mere transfer student in advanced physiology and she quickly became one of my best mentors. Dr. Gopalan took a chance on me and for two years I was her research assistant. Because of her, I have expanded my skills outside of the pharmacy. I am a published au-

thor, presenter, and overall better person. Thank you Dr. G. Your impact on my life is never-ending."

### Xue Chen

"Dr. Gopalan has been one of the most accessible professors at STLCOP. Dr. Gopalan will respond to your email day and night, even when she's on vacation. This is how dedicated she is. Dr. Gopalan is one of the few professors that have went above and beyond the scope of her duty for her students."

### Binita Shah

"Dr. Gopalan had a way with making you believe in your work. She made you always dream bigger than you actually could. She never said no to staying late or coming in early. I could not have asked for a better mentor than her."

### Alicia Yn

"Dr. Gopalan is one of the most hard-working people I know. She is an incredibly busy woman, yet she still accomplishes so much, and I really admire her strength because of that. As one of her research assistants, she had taught me how to handle situations when they go awry and how to be proactive and persistent with both research and school. I am really grateful that she was able to teach me so much."

### Steffany Nguyen

"Over the past couple of years as a student and teaching assistant for Dr. Gopalan, I am so grateful to have had the opportunity to know someone like her. She has the graceful and fond soul of a caring mother who always seeks to provide valuable aid and advice to her students, both personally and professionally. Through my experiences with Dr. Gopalan, I firmly believe that she teaches with passion, demonstrates knowledge with excellence, and facilitates students with success. She is never hesitant to communicate and bond with her students, and truly speaks for what she believes. Dr. Gopalan always holds her students' best interests at heart, and is one of the most genuine professors I have ever encountered throughout all my years of academia. From the bottom of my heart, I am truly appreciative of everything that Dr. Gopalan has done for me, and I am glad that I will always be able to think back and remember to the many memorable experiences that I have had with her. I would like to wish Dr. Gopalan the best on her future endeavors from here on out. I know that wherever she goes, her beautiful personality will shine through to any fortunate person blessed with the chance to meet and work with her."

### Mariam Rehman

"Dr. Gopalan, thank you so much for being such a great mentor and professor. I have enjoyed every moment we spent together. I will miss your kind and motherly nature. And of course the pictures of your adorable granddaughter. I wish you the very best in the next step of your life."

### Puja B. Patel

"Dr. Gopalan is a wonderful faculty member. She spends an enormous amount of time figuring out the best way to incorporate technology into the classroom along with ensuring all of her research assistants fully understand the scope of their research. She also invests time in Desi Beats and ISO to ensure our cultural events on campus are successful. Furthermore, she also makes time to get to know her students and help them develop into better students and leaders."

### Megan Glasheen

"Dr. Gopalan is one of the most hard-working, kind, and generous professors I have ever met. She has had a large impact in my life and I'm grateful that I had the chance to work with her!"

### Elizabeth Lemma

"Dr. Gopalan was always very kind and friendly towards me. She explains her topics thoroughly and pushes students to learn more and think deeper. What's even more admirable is that she is heavily involved in student organizations. She dedicates her time and energy to her students and it is clear that she loves them. I will miss not having her on campus."

### Neha Jindal

"Dr. Gopalan is extremely easy going and very helpful. I got the pleasure to work with her along with many advisors for ISO for two years. If my board needed help with something, she was always available to help. I could just drop by her office and she would always be willing to put what she was doing aside in order to help. I am glad I had the opportunity to work with Dr. Gopalan and I wish nothing but the best for her in the coming years."

### Elaine Kuntz

"Dr. Gopalan was awesome at realizing a passion that I did not even now I had. She took a small idea that had been bouncing around in my head and enabled me to explore the idea to a much greater depth than I would have. She is such an inspiring and encouraging mentor. She will truly be missed."

### Pakou Vang

"Dr. Gopalan is a great research mentor who challenges and pushes you to improve yourself and excel. She is very dedicated to work, class, research, while putting her students' needs before everything else. Dr. Gopalan is serious when it comes to work and school, but she is also funny, caring, thoughtful, understanding, and overall, a great individual."

### Talha Ruiz-Khan

"Dr. Gopalan has been a great mentor and an inspirational role model to me throughout my time at STLCOP. She is one of the hardest workers I have ever met and it is blatantly obvious to anyone who works with her how much she truly cares about her students. She has been instrumental in helping me find my direction for my future pharmacy career and I can honestly say I am extremely lucky to have had the opportunity to work with such an inspirational person. You will be greatly missed."

### Kirstie Jeong

"Dr. Gopalan has been a motivating influence in my life as a professor and a mentor. She is always willing to unselfishly share her advice and expertise with students. I feel comfortable seeking guidance from Dr. Gopalan. Not only does she provide encouragement and words of support but she also challenges me. She has made my first research experience invaluable. She has prepared me to become a researcher and provided me with so much insight into the field of research. Without the help from Dr. Gopalan, I would not have found my new interest and career path. I am so grateful that I got to work with her. She is very passionate, motivating, encouraging, and supportive!"

### Amy Suh

"What made Dr. Gopalan a great teacher was her passion for her students. Unfortunately, the education system in America fills schools with teachers that consider their profession only a job. Dr. Gopalan is one of the few compassionate teachers out there. As both her student and her TA, I observed from both sides the lengths she went through to make sure that students were able to learn the information specifically to their learning style. I know that she will be great in whatever direction she heads to, and any place she goes to is lucky to have her as a teacher, friend, and mentor."

### Max Pansing

"Dr. Gopalan is the woman that saved my life by giving me the chance no one else would."

## Increasing Numbers of Pharmacy Students: Good or Bad?

By: Benjamin Jolley, 3rd year student

In the past ten years, the number of colleges of pharmacy in the USA has increased from 87 to 129, a 48% increase. At the same time, most of the older pharmacy schools, including STLCOP, have increased their enrollment. This trend began a few years before, because there were far more pharmacist jobs in the country than there were pharmacists.

The Aggregate Demand Index (a measure of how difficult it is to fill a pharmacist position) in January 2000 nationwide was 4.33 out of 5. An ADI of 1 means there are far more pharmacists than jobs, 5 means there are far more jobs than pharmacists, and 3 means there are about as many pharmacists as jobs. Since 2000, the ADI has fallen significantly from 4.33 to a nationwide 3.54 in February of this year. That's good news, because it means there are still more pharmacist jobs available than there are pharmacists.

If the trend of increasing numbers of schools of pharmacy and increasing enrollment with increasing tuition at all schools of pharmacy continues without some kind of significant change in the pharmacist job market, a lot of our friends here at school will have a hard time finding a job when they graduate.

Right now, there are about as many pharmacists as there are jobs for us in the country. The growth of pharmacy schools in both numbers and enrollment is increasing much faster than the number of jobs. Starting salaries will start to go down. Loan repayments on the increasing tuition will become more burdensome.

This same pattern evolved in the Law schools in the USA over the last two decades. Today, most Law graduates have a very difficult time finding lawyer jobs, and lawyer salaries have dropped on average 13% over the past 7 years. If we as a profession, and especially those in the ACPE and AACP decide that we want to ensure employment for all our graduates, we must consider putting a cap on the number of pharmacy students that we will graduate in a year. ACPE could choose to not accredit new programs, or could choose to pressure schools to limit the growth of their programs.

I do not want to wake up 10 years from now and find myself and a lot of my classmates out of a job because there are far more pharmacists than there are jobs. To the administration, and to those in seats of power in our profession: Do not let Pharmacy follow in Law's footsteps. Learn from their mistakes and look out for us lowly students.

## WHIG

By: Kayla Braswell,  
3rd year student

In February, the Women's Health Interest Group (WHIG) participated in the American Heart Association's GoRed Week initiative. The GoRed campaign aims to raise awareness about heart disease in women throughout the month of February.

WHIG supported the GoRed heart disease awareness initiative by having students post pictures on social media and hosting a lunch n' learn about women and heart disease. Below are a few facts about heart disease in women that we shared during GoRed week on campus.

Did you know?

According to the American

Heart Association & Women's Heart Foundation: Heart Disease is the number 1 killer of women. Heart Disease kills 1 out of every 3 women, that's about one woman every minute!

The age-adjusted rate of heart disease for African American women is 72% higher than for white women.

Smoking cessation can lower your risk for heart disease and stroke by 50% in just one year and your risk can continue to decline until it's as low as a nonsmoker's risk.

Women's Health Interest Group  
Email: WHIG@stlcop.edu

## April Fools' Origins

By: Hanami Bright  
5th year Staff Writer

As students plan hijinks and pranks around the mischievous April Fools' Day, some may wonder where this ridiculous holiday originated. There are a number of theories, some linking back to fifteenth-century France. In the 1500s, the Pope moved the beginning of the new calendar year from April to January, shifting from the Julian calendar to the Gregorian calendar. However, not everyone in France at the time got the memo, and were still celebrating New Years in April.

More up-to-date folks called these foolish celebrants "Poisson

d'Avril" or April fishes, which later came to mean April fools. Others theorize that April Fools' Day mirrors a Roman holiday called "Hilaria." The festival encouraged participants to honor the goddess Cybele and rejoice in the start of springtime. Festivities included games and masquerades, where folks would imitate others, including high-powered officials. Links to vernal equinox festivals, Holi, Celtic holidays and even The Canterbury Tales have been theorized but not fully established as an origin for April Fools' Day.

## There Is Something About Hari

By: Alexander Dubois,  
5th year student

This year, STLCOP begins a brand new chapter in its 150 year legacy. The very first crop of 7-year students just finished their first year here, and what a year it was! We would like to focus on a particularly notable student, who asked to remain anonymous. Through a monumental tragedy,

they lost their parents in an automobile accident in infancy, spending their childhood being raised by their aunt and uncle. Although they were kept fed and clothed, there was no love lost between the foster family and our student. The opportunity to come study at STLCOP was a chance for them to escape their strained home life and really shine. After some initially awkward attempts at meeting new people, they quickly found

two close friends and were thereafter inseparable. But wait, there is more! The student has turned out to be incredibly athletically gifted, like their father, scoring well over 600 points this semester alone. It is estimated that they have been the deciding scorer in every game this season. What skill, what talent! Unfortunately, their success academically has not been so astounding. Though the principal has taken a liking to them, one instruc-

tor has repeatedly butted heads with our young superstar. Even worse, there have been a number of rumors about this student trespassing after-hours throughout the school, possibly up to trouble. Most recently, the trio was seen venturing deep into the bowels of the residence hall, subduing a ferocious hound and whispering about a Pharmacist's Stone. We can only assume their next 6 years will be as action-packed as this one.

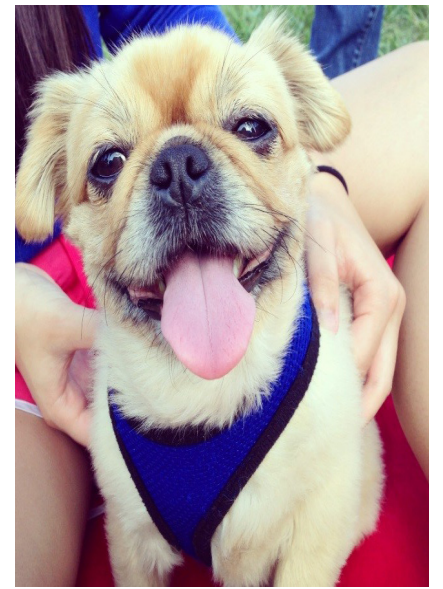
## Sweet Dee: The True STLCOP Mascot

By: Alexandria (Alyssa Wilt)  
4th year Staff Writer

As most of the readers can probably attest, Sweet Dee is the cutest unofficial campus mascot and brings everlasting joy to an otherwise rainy April day. Her bright smile and perky attitude, or on some days her relaxed and laid-back demeanor, contrasts to the frenzied atmosphere of life at STLCOP. On most days of the week, Sweet Dee can be found at the resident's hall front desk greeting people and accepting "pets", a quirky colloquialism coined for her favorite past-time. Anne Brackett is her adopted mom, and because of the perks of Anne's roll as Director of

Resident's life on campus, she gets to live on the first floor of the Residents Hall. As the only dog allowed in the res hall, she enjoys exclusive rights to her fan club, or the countless people who line up every day to pet her. When she is not basking in the sun of all of her fans, she likes to bask in the sunrays outside. Of course, that is only after she is completely exhausted from dashing around with her bunny friends who are the same size and color as herself. Her favorite indoor activities are watching TV shows like Game of Thrones, where she can bark at the numerous different creatures. She especially likes the Geico pig commercials because she is extremely confused that the Geico pig can actually talk. Because she goes to Pharmacy school, she studied multiple different subjects, including Or-

ganic Chemistry, Pharmaceuticals, and Pathophysiology. However, she has not quite absorbed it as well as some of the other people who have been here for three years now. So, instead she sticks to her five favorite words: Carrots, Mom, Outside, and "Say Hi" or "Say Bye". These are the five words she knows and responds to, each with a slightly inquisitive look where she tilts her head 45 degrees in an effort to fully understand and comprehend what you are saying. Our request of "say hi" or "say bye" is always met with several soft barks followed by one slightly louder bark where she has a mini conversation with everyone around her. Her genuine puppy look and attitude, despite all her big pug wrinkles, makes this five year old puppy a better mascot than the Eutectic.



## STLCOP Snow... Art

By: Nathan Wesche,  
5th year Staff Writer

With one hundred and fifty years of history, St. Louis College of Pharmacy is full of tradition. Perhaps one of the most humorous traditions at this prestigious school is the cockamamie artwork that graces the quad each winter. The coming of the first big snow brings a delightful surprise to the STLCOP community each year.

Anyone can build a snow man. A more adventurous person might use a heavy snow to build an igloo. However, neither of these creative works can stand up to the protuberant masterpiece that a handful of STLCOP students whip out on the first good snow of every year. Some members of the college community might say, "Oh COME ON. What kind of putz would make such an offensive shape in the snow?" or "Gee, we are really getting the shaft here." However, many would say that the annual snow art is a delightful way to penetrate the icy dam of professionalism that so often stands at the forefront of the STLCOP way of life.

To the secret sculptors of that monument to frivolity that yearly graces our campus, stand proud and erect. Your work of art is truly the cream of the crop. We all need a little fun now and then. Think long and hard about what that snowy masterpiece means to a body of pupils that often could use a little pick-me-up. Every year this simple tradition brings a smile to the faces of the students and faculty of this great institution. Long live STLCOP's frostiest member.

## Spring Break With Adventure Club!

By Nalda Nguyen-Brics, 2nd year student

During Spring Break, STLCOP's Adventure Club undertook one of our most wild and memorable trips. Early Saturday morning we left – sleepy-eyed but excited – for Mena, Arkansas for a taste of ATVing, just another new experience for most of us. Dr. Kist and Dr. Gaebelein, on the other hand, were wide awake and ready to drive. After a long drive involving many snacks, interesting gas stations and banter, we arrived at our first destination in Bentonville, Arkansas: The Crystal Bridges Museum of American Art. There, we learnt about great artists and admired paintings in awe (not really). But we did fully enjoy exploring the museum, creating our own art with the supplies given and posing with many different sculptures. We even met a kind elderly couple who, in trying to take a picture of us, ended up taking a selfie as well. We could not leave Bentonville without visiting the Walmart Museum, filled with antiques, a recreation of Sam Walton's original office and some of the first products it sold. By then, we were hungry enough for some barbeque, arguably better than St. Louis's Pappy's. Finally, we drove away from the city lights to stargaze for a couple brief moments. After feeding the dearly loved stray cat, we left for Mena, Arkansas the next morning. We arrived at our cabins, after driving up a steep, twisted road and spent the rest of the day hiking around the area and grilling hotdogs and hamburgers for dinner. Our ATVs were delivered to the cabins and all of us hesitantly tested them with Dr. Kist's help, in preparation for the next day. Then began the adrenaline-filled, thrilling and crazy adventure through the Ouachita ATV trails. We quickly got used to riding them but it is hard to describe the happiness, fear and thrill of riding, top-speed through mountainous, rocky trails, creeks and plenty of mud. After 12 hours, we finally returned, with one broken ATV, one damaged ATV and the side-by-side missing a muffler. We were mud-faced and sore but still in one piece. Overall, we had an unforgettable experience and look forward to more!



# Recipe of the Month: Gyoza

By: Hanami Bright,  
5th year Staff Writer.

Gyoza, more commonly known

as pot-stickers, are a delicious meaty snack in a soft wrapper that can be steamed or fried. They are commonly eaten as an appetizer or a side dish with ramen. Pre-made frozen gyoza are available in stores, but homemade gyoza offers a unique taste and complete control over ingredients. The recipe does call for pre-made pot-sticker wrappers though, which can be found in most grocery store chains. Round wrappers are for gyoza, square ones are for egg rolls and wontons. The technique to crimp the gyoza can be difficult to learn without a visual guide, and Youtube has several guides to crimping gyoza available. Gyoza are excellent when freshly made, and freeze well for later use. Make double batches and recruit friends to make a large quantity of gyoza! The recipe that follows is a family specialty.

## Ingredients

### Gyoza filling

- 1 lb fresh ground pork
- 1 clove garlic, grated
- 2 Tbsp soy sauce
- 1 tsp fresh grated ginger
- 1 ½ cup finely chopped cabbage (substitute bagged coleslaw mix for convenience)
- 1 stalk green onion, chopped
- ½ tsp sesame oil
- 30 pre-made round pot-sticker wrappers
- ½ cup water
- 2 Tsp vegetable oil

### Gyoza sauce

- 1/2 cup soy sauce
- 1/4 cup white vinegar
- 1 tsp vegetable oil
- Dash of chili powder
- 1 green onion stalk, chopped

## Directions

Put ground pork, garlic, soy sauce, ginger, cabbage, green onion and sesame oil in a bowl. Mix ingredients together by hand until everything is integrated and the pork mixture is almost smooth.

Set up your gyoza-filling station: have a small bowl with water close at hand, wrappers separated and the bowl with gyoza-filling nearby with a tablespoon. In your non-dominant hand, place the wrapper into your palm. Using the fingers on your dominant hand, line the edge of the wrapper with water, so when you crimp the gyoza, it will stay together. Using the tablespoon, scoop and place one tablespoon of the pork mixture in the center of the wrapper. Carefully fold the wrapper in half and pinch the center of the edges together. Working on one side of the center pinch, make a small folded section using the back half of the wrapper. Press the fold firmly to the front half of the wrapper. Only one side of the wrapper will be pleated! Make pleats on the other side of the pinch. Press along the folds to make sure the wrapper is sealed completely. The gyoza will be almost crescent-shaped if done properly. Place finished gyoza onto a dry non-stick surface. Repeat until all wrappers are filled.

To make sauce, mix together soy sauce, white vinegar, chili powder, vegetable oil and green onion in a bowl. Keep cold in the fridge. To cook the gyoza, heat the vegetable oil in a fry pan on medium heat. Once hot, place six gyoza with folds facing up into the pan. Cook for about three minutes, or until the bottom of the gyoza is crispy. Fill a cup with three tablespoons of water and hold the fry pan lid. Quickly put the water into the hot pan and cover the pan with the lid to steam the gyoza. Steam until the water has evaporated. Serve immediately with sauce.

## Tips:

- Don't get the wrappers too wet or they will rip when you try to fill and pleat them.
- Chicken can be substituted for pork
- To freeze, lay a piece of wax paper on a cookie sheet. Place gyoza on the sheet spread apart from each other. Place cookie sheet in freezer about an hour. Peel off the gyoza and place into freezer storage plastic bags or containers. Do not thaw before cooking. Place straight into pan from freezer and cook as normal.