

# VET CANDY

MAY 2023

JESSICA HIRSCH IS  
**A REBEL WITH  
A CAUSE**

**ABBY SEELEY  
IS FIERCE, FEARLESS,  
AND UNFILTERED**

WHY NONYÉ WILLIAMS  
**NEVER GIVES UP**

WHY WE ARE  
FALLING FOR  
**CHRIS  
HOLLINGSWORTH**

**Hallmarks**  
OF A HEALTHY  
MENTORSHIP

HOW TO TARGET  
**AND MANAGE STRESS**

HOW TO BEGIN  
YOUR NEW CAREER

MAKING VET SCHOOL  
COOL WITH TIKTOK  
VET STUDENT,  
**MAGGIE ENGELHARD**

TINA HANSEN'S  
**MISSION TO  
SAVE OUR WORLD**

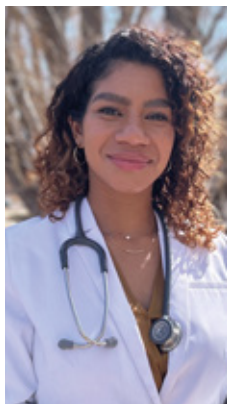
## **HOW** TATIANA ROGERS

stays at the top of her game

**+** much more

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*Welcome to the world of*  
**VET CANDY**

*Dr. Jill Lopez*



Put your hands together for the veterinary students who are making the world a better place!

As a leader in veterinary medicine, Vet Candy knows that our community is what makes us great. Every single day, thousands of dedicated professionals are hard at work caring for furry, feathered, and finned patients as well as their colleagues. Who is going to make our future brighter? The next generation of veterinary professionals of course!

That is why today, I am excited to officially announce the 2023 Vet Candy Rising Stars Awards! Intended to honor veterinary students who are doing amazing things for the profession, this prestigious award is unique.

Unlike other prizes, to be a Vet Candy Rising Star is about more than outward success; it requires the ability to lead, inspire, and motivate. We are celebrating those who are making an impact in our local, national, and global communities. From working hands-on with pets at clinics to animal advocacy, client education, volunteering, and fulfilling leadership roles in governing bodies, these folks are trailblazers and gamechangers.

Nomination was based on merit. Vet Candy searched for the best of the best. Unsurprisingly, it wasn't difficult to find our rising stars! From a long list of names, this group of individuals stood out for their tireless dedication towards improving the veterinary world. Read inside to find out more about this amazing group of humans!



# How Tatiana Rogers stays at the top of her game

*By AM Kuska*



Tatiana Rogers is a fresh new face in the world of veterinary medicine. She recently completed business school and received her Masters of Business Administration through Colorado State University's dual degree program, and is working toward becoming a veterinarian from there.

She is a member of CSU's Class of 2023 and is passionate about bringing real change to veterinary medicine. In particular, Tatiana hopes to improve the mental health of veterinary professionals through combating mental health problems in the veterinary world, and by encouraging them to strike a healthy balance between school and their personal lives.

She models this on her Instagram page, showing that a life in veterinary medicine can be balanced with other interests, in her case fitness, enjoying the great outdoors, and a generally healthy lifestyle. On top of a balanced lifestyle, she is also an advocate for women in medicine, and has spoken out against gender inequities.

Tatiana's interest in veterinary medicine began at an early age. Raised by a single mother and her grandparents, Tatiana spent her younger days looking for ways to help injured wildlife and stray animals that crossed her path.

She completed her undergraduate studies at University of San Diego, where she pioneered a student organization called Student Outreach and Recruitment. This organization, now multi-collegiate in size, increases awareness of private college opportunities to underrepresented students. This program also helps provide resources to minorities in order to help improve retainment of students, helping more minorities successfully achieve their degrees.

Her role in helping with mental health has also been used to specifically help minorities cope in veterinary medicine. She has shared mental health tips with the LatinX Vet Med Community through Instagram, and continues to support the community in any way she can. As the grandchild of Mexican immigrants, she has helped blaze a path for others who want to join veterinary medicine, without falling into depression often associated with those in care fields.

Her path has been very non-traditional, with a major in Communications Studies and three gap years completing prerequisites and obtaining veterinary experience in order to apply to veterinary school. She is now living her dream as a veterinary student, and is focused on her future as a veterinary entrepreneur. The world of veterinary medicine will no doubt benefit from having her join the ranks of veterinary professionals, but it's already changing for the better thanks to her. She is a super star in the veterinary world, and has already made exciting and beneficial changes.

We caught up with her to find out more:

**If I wasn't a veterinarian:**

If I wasn't a vet, I would work in finance. I am obsessed about all things business.

**Best career advice I received:**

Hang tight to your mentors and support system through the ups and downs. There will be difficult days, but it is the people who are on your team and who are rooting for you that will be able to pull out of whatever it is you are going through.

**Easiest career decision I made**

My first job out of college included working as a kennel attendant at a birds and exotics veterinary hospital. While my job mostly consisted of picking up poop and feeding animals, it was my first job in a veterinary hospital and I couldn't have been more excited for it because I solidified my passion. At the time, I was turned down by several veterinary clinics due to lack of experience, so I was so happy to finally have a job in a clinic.

**How I made my first dollar**

Ask anyone in my family, I am a born business woman. When I was 7, my mom let me have a lemonade sale in the front yard. My mother gave me a quick tutorial on gross and net revenue that we used to create the perfect price. I have also started several businesses such as dog sitting, dog walking, swim lessons, and fitness coaching. Yes, I am destined to be a CEO!

**Books that left a last impression on me**

Warren Buffett says that reading 500 pages a day is the key to success and I agree. As a business minded individual, I enjoy reading about money and finance. One of my favorite reads that has left an impression on me is David and Goliath by Malcom Gladwell. In David and Goliath, Malcolm Gladwell challenges how we think about obstacles and disadvantages. I recommend this to anyone who's interested in running their own company.

**How I clear my head after a stressful day**

Not only am I obsessed with being financially fit, I am also obsessed with being physically fit, too. When I have a stressful day, I turn to the gym. Exercising releases endorphins so it helps me feel uplifted after a stressful day. Over the years, weightlifting has been my go to, however, with the closure of gyms due to COVID, I've picked up a lot of outdoor plyometrics, HIIT, and mastering TikTok dances.



**Advice for my younger self**

'To thine own self be true' is a line from Shakespeare's play, Hamlet, that I hold dear to my heart.

When I was young, I grew up in a low income minority neighborhood of south central, but, I did go to school in a white neighborhood in Santa Monica. I felt like an outsider and ashamed of my heritage. I spent so much time trying to conceal who I really was. I didn't want anyone to know I spoke Spanish, and I straighten my naturally curly hair every day before school.

Now that I am older not only do I embrace my heritage culture, I am an advocate for others to do the same. That's why I am a member of Latinx Veterinary Medical Association and I try to be a role model for others that may be feeling the same way.

I realized that it is this point of differentiation that makes you different, memorable, and sets you apart from your competitors. I love my curls and I love being bilingual!

# Here's to the Class of 2023

By Dr. Tatiana Rogers, Class of 2023 CSU, Vet Candy Rising Star 2023

Congratulations to us, the Class of 2023! We did it! Not only did we survive 4 years of the vet school, but we did also did it during a worldwide pandemic. We have proven our ability to adapt, thrive, and succeed like no other generation. Never forget that our value is immeasurable!

Here are five things you also need to remember as you start your career journey:

- You aren't an imposter, you are for REAL! You survived 4 years of the vet school experience, and no one can take that from you.
- Never forget you belong to a great community. A community measured by compassionate and passionate members. A community whose small daily actions make an immense impact on our world.
- You don't have to become a specialist to be worthy of success or to be excellent, but you should never give up learning. Start your learning journey today and fine tune your skills.
- There is no one more worthy than you and there is no one more capable than you.
- You are braver than you believe, stronger than you think, and smarter than you know.

Class of 2023, as we gear up for the next phase of our life, I would like to leave you with an inspirational quote by one of my favorite poets, Rosario Castellanos.

"It isn't even enough to discover who we are. We have to invent ourselves."



By AM Kuska



# Jessica Hirsch is a rebel with a cause

Veterinary school can be challenging at the best of times. There is homework, endless assignments, late nights spent studying and volunteering, plus all the emotional and mental energy that goes into pursuing a life dedicated to caring for animals.

As a member of Tufts' Class of 2023, vet med student, Jessica Hirsch knows all about overcoming big challenges and caring for others. In fact, her veterinarian journey so far has largely been focused on helping not just pet patients, but the veterinarians who treat them too! Today, she is a disability and chronic illness activist who (by graciously sharing her own recovery story) is a leading voice for veterinarians with disabilities everywhere.

## **Becoming an Advocate for Disabilities and Invisible Illnesses Through Personal Experience**

Did you know?

According to the Centres for Disease Control and Prevention, there are 61 million adults currently living with a disability in the United States.

Jessica Hirsch is one of them.

She shares, "My story started in 2014, my freshman year of undergrad, when I sustained my fourth concussion. Ever since, I have suffered from syncopal episodes, dizziness, nausea, migraines, GI issues, joint and muscle pain, pelvic pain, edema, fatigue, brain fog and concentration issues, plus much more."

Determined to finish veterinary school, Jessica juggled nurse visits, physical therapy, MRI scans, and wearing a neck brace, all while attending classes and working at the vet school as a tech.

However, her symptoms became so intense they eventually started to interfere with school. After sleeping 18 hours a day and failing three classes due to extreme fatigue and pain, she finally concluded that her health had to be a priority.

Yet, as most veterinary professionals know, it can be tough to "slow down" in our field. Veterinarians are expected to be go, go, go 24/7! Nonstop work, minimal breaks, and a constant pressure to push yourself to your physical and mental limits...it is what's expected of us.

Unfortunately, operating in this capacity is neither healthy nor sustainable long-term. It can lead to burnout, illness, anxiety, depression, etc.

So, it is key that our community (both aspiring and practicing veterinarians alike) become more aware of how to take care of themselves, while simultaneously fostering a safe and welcoming place for fellow professionals who may require an accommodation or medical leave of absence.

Hirsch explains, "There is a place for people with disabilities and chronic illness in veterinary medicine. I have personally experienced countless barriers and ableist standards, and the veterinary industry is no exception. It is my goal to make veterinary schools more accessible for students with disabilities."

As Jessica so rightly concludes, "There is no shame in taking time to take care of yourself."

### **Read Along at the Disabled DVM Blog**

It's often said that sharing stories makes us feel less alone.

By reading about other people's experiences, it is also easier to open up and talk about your own struggles. For Jessica Hirsch, blogging is one way to show the world that it's okay to take a medical leave of absence when you need it, and to denounce negative stigmas about veterinarians with chronic illnesses and/or disabilities.

Check out her blog at [DisabledDVM](#)

And don't forget to visit her Instagram page! With over two thousand followers, [@disabled.dvm](#) is a safe space for vets to ask questions, find information, and see firsthand that it is 100% possible to tackle veterinary school with chronic illnesses and disabilities.

Jessica's final words?

"Normalize showing compassion to our colleagues in addition to pet parents and patients. Normalize caring about the well-being of those around us. We need to protect and preserve veterinary medicine and it starts right in your own practice."

Vet Candy cannot wait to see what the future holds for this powerful young advocate and veterinarian to be!



# Josetta Adams Burns the Brightest

Some people just naturally burn a little brighter. Their smile lights up a room. The words they speak positively affect everyone who listens. Most of all, their actions are powerful enough to change lives for the better. In the veterinary medicine community, there are plenty of folks who fit this description.

But none does so quite as perfectly as Josetta Adams!

Originally from Brooklyn, New York, Josetta is currently a 3rd year VMD-PhD student at the University of Pennsylvania School of Veterinary Medicine. She will be starting her PhD in Immunology at the Perelman School of Medicine in Fall 2023. Prior to this, she attended the City College of New York for undergrad where she earned her B.S in Biology and a minor in chemistry and was even a Research Support Associate at the prestigious Massachusetts Institute of Technology.

Her three main passions?

Infectious diseases, immunology, and veterinary medicine.

Vet Candy had the opportunity to speak with Josetta Adams. With some incredible goals on the horizon, we are grateful that she took the time to share her thoughts on why defiance, persistence, and being highly inclined to forgive are the three qualities that got her to where she is today. Plus, she gives a snippet of valuable advice for young veterinary students everywhere.

Introducing the brightest of stars, Josetta Adams!



## **Stay the Course and Cherish Each Moment**

As a professional in the vet med community, the world is your oyster.

You can – literally – choose to go anywhere...because animals are found on each continent and in every corner of the planet. For Josetta, travelling was the adventure that most changed her life.

She recalls:

“The first time I left the country, I visited Mombasa, Kenya and stayed with the family of a girl who was a fellow camp counselor for the Fresh Air Fund. I have never felt more welcomed and so loved by a family that barely knew me. It was so different from American culture (and NYC culture) and it touched me deeply. Something in me shifted after that trip and I cherish those moments to this day.”



While it is tempting to say, “next time” and put adventures on hold, Adams knows that sometimes, you have to defiantly go against the grain. Persistence is necessary in order to truly experience all the things in life you deserve! Whether it’s an internship, a job, or the opportunity to travel, remember to stay the course and speak up for yourself.

### **Don’t Sweat the Small Stuff**

Josetta Adams has so many incredible accomplishments behind her. One has to wonder how she handled all that stress.

“Vet school is hard!” she agrees with a laugh.

Her best tip?

“Don’t sweat the small stuff and pick your battles. I’ve always been a highly sensitive person with a very strong sense of justice. I’d coax the younger me into developing sound judgement around the things worth my time and attention.”

To clear her head after a stressful day, Josetta enjoys hobbies. Reading, skiing, gardening, running, and hosting wine nights for her friends are all ways she winds down.

When asked how she relaxes, Josetta explained, “I put on my favorite inspirational music and go for a run! I’m still in the process of tricking my brain into believing that I love running so when I’m on the treadmill or on a jog it’s pretty hard for me to focus on anything. I usually follow it up with some mindfulness meditation and breath work.”

Sounds good to us!

With an entire career ahead, Vet Candy will be keeping a close eye on Josetta Adams and all her exciting future endeavors!



# April Johnson Continues the Family Legacy

By Jen Boon



Grandparents have a lot of wisdom to share. For younger generations, their advice and stories can be invaluable when it comes to making life decisions. After all, they have been through major historical events that shaped the world we live in today!

April Johnson is aware of this.

In fact, her own grandfather, Dr. Ellis Hall, was the first Black board-certified veterinary radiologist. Now, she is following in his footsteps...chasing after her dream of becoming a veterinarian herself. As a soon-to-be third generation graduate from Tuskegee University College of Veterinary Medicine, she is honored and blessed to be able to continue his heroic legacy.

Recently, Vet Candy spoke with April about her vet med journey. Today she shares a little about why kindness and curiosity are the two human qualities she most admires, plus explains the best career advice she has received thus far.

So, without further ado...

Introducing, the fabulous future Dr. April Johnson!

## No Act of Kindness is Ever Wasted

How old were you when you decided to become a veterinarian?

For April, it was the tender age of four.

A lot has changed since then, but one thing stayed the same: her commitment to being kind to both people and animals as well as being curious about life.

Johnson explains:

"Curiosity is the basis of the human condition to me. Wanting to know more and being inspired by new experiences helps push people further into becoming their best selves and be the best at interacting with those around them. Kindness is something the world could use a lot more of! But a gentle spirit that is nice and considerate helps foster community, and we're nothing without community. These two together I think help create a world that lets people want to discover more around them and do it together."

Of course, kindness take practice.

Upset, frustrated, or angry clients, frightened pets, and the huge responsibility on our shoulders can make it tempting to lash out.

To cultivate compassion towards others, Johnson recommends stepping outside your comfort zone. Expose yourself to different kinds of people, differing ideas, and different lifestyles.

"Go meet new people, try new things, and see the world through someone else's eyes," she encourages colleagues. "If we can appreciate the humanity of each individual, then maybe we can move past needing to understand every choice they make, but just know they're worthy of grace simply because they are human."

And if you absolutely need a mental break from it all...do what she does...hit up the dog park for a calming walk with your four-legged bestie.

Awesome advice, April!

## If You Want It, It's Yours

Lastly, Johnson hopes people realize their full potential. Like Maya Angelou famously said, our goal in life is not merely to survive – but to thrive.

When asked about the best career advice she has gotten so far, April replied:

"If you want it, it's yours. You have to work at it and give yourself to the cause, but the only thing that should stop you from your goals is you. Find a way to make it happen."

Johnson's ultimate goal?

"I want to create life filled with blessings so I can be a blessing to someone else. I plan to continue to work hard and meet new people, learning new things along the way so I can cultivate a lifestyle that is fulfilling to me, and make sure that I give back in any way possible to those around me and abroad."

With a stellar support system behind her, April Johnson is well on her way towards taking the veterinary world by storm!



# How to begin *your new career*

By Shauna Simmons

## Tips for Recent College Graduates Hoping to Enter the Workforce

There's nothing more daunting than the post-graduate veterinary career search. Fear not, new graduates, there are many ways to properly prepare yourself for life after college. If you are looking to get your career started right then you need to tap into all your available resources. These resources can come from school, family, friends, and other networking activities. In fact, the more you spend time networking the more likely you will end up in a great career perfectly suited to your wants and your skills.

### 1. Tap Into Your Available Resources

Many colleges offer both students and alumni access to special resources. Take time to hunt down your career office and get in touch with a career advisor if you were not already appointed one. This is a resource best used before graduation to help prepare you for the months that come after graduation. You don't want student loan payments to hit before your first real paycheck does! Also, consider working with a recruiter, the best ones are independent and act as your advocate to find your perfect dream job.

### 2. Networking Never Hurts

Anyone can submit an online job application through indeed or some other job board website. If you pay close attention though, these job board sites are painfully oversaturated. The catch? Most jobs, 85% to be exact, are obtained through networking. That means it's time to get to strengthen your LinkedIn page and work on your elevator speech. You never know who you may have the opportunity to impress.



### 3. Get Your Documents in Order

Set yourself up with a basic resume and cover letter to use as a reference point when submitting new job applications. This will make it easier to tailor each resume and cover letter you submit to the job you are applying for. If you are a writer or an artist, you may need a portfolio. Make sure you have one put together with a diverse display of your work ahead of time. Some people like to put their portfolios online to allow easy access to potential employers. If you have a professional online presence through a website or social media, use this to your advantage when networking.

The most intimidating aspect of finding a career after college is where to begin. Once you tap into the right resources and organize yourself properly, you'll be career ready. It's okay to seek help to ensure that your career search is as smooth as possible.





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# WHY WE ARE FALLING FOR CHRIS HOLLINGSWORTH

*By Jen boon*

There is no test too scary for Chris Hollingsworth. Whether it's flying a plane, skydiving at 10,000 feet, visiting one of the world's largest waterfalls, or working in a neurosurgery lab, he is willing to take on anything without fear of failure.

Currently a fourth-year veterinary medicine student at Virginia-Maryland CVM, Chris is originally from Guyana, South America. After growing up in Silver Spring, Maryland he went on to attend Morehouse College, an all-male historically Black college located in Atlanta, Georgia. But before heading off to vet school, he worked as a technician in a small animal practice as well as a lab animal technician/research assistant for a clinical mycology lab at the National Institutes of Health in Bethesda, Maryland.

Nowadays, Chris is busier than ever!

With goals to one day practice as a board-certified veterinary neurosurgeon, he knows that resilience, enthusiasm, and being self-driven are the qualities needed to succeed.

Vet Candy is delighted to introduce this exceptional professional to our readers. Today, Chris Hollingsworth discusses some of the changes he would love to see happen in the world (and veterinary medicine) while also sharing why finding your own purpose in life is important.

Introducing, the amazing Chris Hollingsworth!

## BUILDING BRIDGES FOR THE NEXT GENERATION

Consistency. Reliability. Empathy. Intention.

These are the human qualities that Chris admires most. However, the unfortunate truth is that these traits are often lacking, particularly from those who are in positions of great power and who hold authority over others.

Chris explains:

"I am outspoken on so many issues surround race, diversity, and inclusion. This is a multifactorial issue with a laundry list of things that need to change, but I believe it starts with the removal of the morally bankrupt oppressors from the positions of power. Everyone has a right to be who they are and live a life where they are free from unfair judgement, and imposition of cruel laws that seek to dehumanize them."

Vet Candy certainly agrees!



## FIND YOUR PURPOSE IN LIFE

As one of the least diverse professions in the United States, veterinary medicine needs to evolve. Fortunately, we have powerful advocates like Chris Hollingsworth leading the charge.

When asked what his mission in life is, Hollingsworth's feelings are similar. He replied:

"I want to leave this world better than how it currently is. Either by advancing the field of veterinary medicine and neurology or inspiring the next generation of minority veterinarians. At the end of the day, I consider myself to be a bridge builder for those coming up behind me."

This includes speaking out about DEI initiatives, and also some of the horrendously outdated notions associated with being new to the career.

For example, unpaid/underpaid internships.

"Of course, diversity and inclusion are something near and dear to my heart," says Chris Hollingsworth, "But there is something I feel strongly about of late since applying for internships. It is the notion that interns and residents can be paid \$30-40k a year. And it certainly isn't due to the lack of funding. It is because it's rooted in a deep foundation of privilege where only people who come from financially affluent families can afford to take on things like unpaid/UNDERpaid internships."

He adds, "Have we not sacrificed enough through four years of veterinary school? Why must we (as doctors!) work extra shifts on top of a crazy post-grad training in order to eat?"

It's an excellent question.

Beyond just causing financial hardship, this antiquated mentality hurts academia too. Even though schools are desperate for teachers and specialists, most vets end up skipping the internship route because another three or four years of living close to the poverty line is too much of a struggle. Ultimately, it is the next generation of students who will miss out...

Unless as Chris says, we make a change!

In the future, Chris hopes to be a board-certified veterinary neurosurgeon/neurologist with 5-star yelp reviews and the coolest vet med YouTube channel ever.

But no matter who you are, finding your purpose in life matters.

"It will change your outlook on your career," Chris encourages Vet Candy readers. "Once you find your purpose, you will see your job as a paid hobby in some cases. I also found that I carry myself differently. Overall, I am in such a great place mentally knowing that every day I get the chance to live in my purpose."





# ASHLEIGH ALFONSO IS MAKING THE GRADE

*By Jen boon*



There is a famous saying that goes, “Education is a passport to the future.”

Here at Vet Candy, that’s a motto we can get behind!

Ashleigh Alfonso believes in it too.

As a fourth year DVM student at the University of Florida, she has had no shortage of experience in the field of education. Before moving to North Florida to complete her degree, this South Florida native finished her bachelor’s with a minor in communications. She has also worked in small animal general practices and wildlife facilities.

For Alfonso, learning takes place both inside and outside the classroom.

Vet Candy had the opportunity to catch up with Ashleigh about her veterinary journey so far. Today, she shares what prompted her to pursue a Veterinary Business Management Certificate, which three qualities contributed most to her academic success, and why “failure” is the secret key to learning.

Introducing, the brilliant Ashleigh Alfonso!

Expanding Her Business Skills Since Day 1

Being business-savvy isn’t essential to becoming a veterinarian.

In a 2018 study published by the American Veterinary Medical Association, researchers found that only 21.3% percent of people identified themselves as practice owners. Yet many younger vet med students dream of expanding their business skills in areas such as accounting, finances, human resources, operation management, marketing, and communication skills.



For Ashleigh Alfonso, a Veterinary Business Management Certificate was the perfect match.

That is because in addition to being a student herself, Ashleigh also helped others make the grade. In fact, she even launched an independent tutoring business while still in school.

She explains:

“Throughout vet school (up until I started 4th year) I've been doing freelance tutoring for organic chemistry students. It's something I'm personally passionate about and I've had a really great time helping undergraduate students while also making some money on the side of my veterinary journey. It also sparked my interest in expanding my business skills.”

It may be a rigorous program, but Ashleigh knows a Veterinary Business Management Certificate will open future doors!



## Qualities Needed to Succeed

What else does a vet med student need to succeed?

If you were to ask Ashleigh Alfonso, the answer would be:

- 1) Resilience
- 2) A Positive attitude
- 3) Being strategic

“Personally, I've had quite a few setbacks throughout my pre-veterinary journey such as failing classes, not performing academically as well as I wanted to, and hurdles in my personal life,” Alfonso shares.

“However, having a positive outlook and trusting the process made it easier to be resilient and continue pushing through. I was able to turn a lot of my shortcomings into growth opportunities and looking back, I'm ultimately grateful for many of those opportunities.”

Indeed, as veterinarians, many of us are perfectionists. But Ashleigh's words are a good reminder that failure is a part of learning.

She adds:

“As far as being strategic, I remember in undergrad hearing this speaker mention the importance of 'tunnel vision' when pursuing your goals. His point was that it's important to have a mindset that calculates how each decision and commitment you make today will take you closer to your goals in the future. By applying that mindset, I think it made my journey more straightforward.”

Vet Candy is excited to see where Ashleigh Alfonso's journey takes her as a soon-to-be class of 2023 graduate!

# Natalie Smith is unstoppable

*By Jen boon*



Everyone has a favorite animal.

But how many people get to live out their dream working directly with said animal?

For zoological veterinarians and conservationists, getting up close and personal with some of the most amazing and endangered animals on the planet, such as rhinos, pandas, tigers, orangutans, etc. is more than a dream...it's their job!

For Natalie Smith, working with such animals has always been the plan.

Currently a first-year student at Cornell University College of Veterinary Medicine, Natalie is originally from Youngstown, New York. After successfully graduating from University of New Hampshire with a BS in Biomedical Science: Medical and Veterinary Science, she decided to follow in the footsteps of her grandfather, who also had a love of zoos, aquariums, and most importantly, conservation medicine.

Recently, Vet Candy spoke with Natalie Smith. Today she talks about why mental health needs to be taken seriously and shares how travel has inspired her to become the best veterinarian she can be.

## **Tackling Mental Health Stigma**

Did you know?

In terms of careers, veterinarians are some of the most stressed out professionals.

In fact, according to the National Library of Medicine, there is a "high prevalence" of psychological stressors in veterinary practice...much more so than in the general population. And oftentimes, this begins early during the schoolyears.



Natalie explains:

"I think the biggest problem facing the veterinary field today is the stigma involving mental health. Mental health needs to be a primary focus starting at a young age and throughout our entire lives.

Often when students are expected to always have great grades there is a tremendous amount of pressure put on them and not everyone is able to handle that intensity."

After a stressful day, Natalie Smith clears her head by surrounding herself with the love of animals.

That means cuddling her dogs for hours, visiting the school cats, scrolling through her #vetstagram account, watching Animal Planet (or her guilty pleasure show, Bachelor in Paradise!)

"Mental health is something that should always be openly discussed," she summarizes. "There needs to be a greater level of understanding and compassion for all."

### **See How Beautiful the World Really Is**

Additionally, Natalie is a big fan of travelling.

Her mission in life is to make a difference in not only the veterinary community, but the world as a whole. In order to save all the beautiful creatures found on planet earth, she has gotten on planes – sometimes flying tens of thousands of miles – to learn more about them.

For instance, at just 15 years old, she went to Melbourne, Australia for the International Student Science Fair where she got to do scientific research at a university level and be exposed to different cultures, environments, ecosystems and experiences.

Neat!

However, Natalie also understands that traveling takes time, effort, and money.



She says:

"I think everyone should try to travel as much as possible in their lifetime because it not only exposes you to different cultures, but it allows you to realize that the world has a tremendous amount of amazing opportunities. I know that often it is not financially feasible, but I found ways to earn my trips. I also have chosen a career that may allow me to find jobs anywhere in the world. Having international exposure gives you a better understanding and love for everyone's differences. Also, I simply have loved seeing how beautiful the world really is!"

Natalie's final words of advice?

"No matter what struggles you face and no matter how hard times get, I promise you are more than capable of getting through it and you will come out stronger than you ever thought imaginable. Just keep pushing and be the best version of yourself you can be."

To follow Natalie's paw-some vet med adventures, visit her Instagram: [natalie.vet](https://www.instagram.com/natalie.vet)



# Hallmarks of a healthy mentorship

By Dr. Mithila Noronha

Finding the right mentorship program is never easy. New graduates are more educated than ever on how we deserve to be treated as practicing veterinarians. We're asking for higher pay, reasonable hours, and—most importantly—good mentorship. As a result, most employers are offering these things in order to meet the high demand for vets. So, how are we to know which practices just look good on paper and which are truly going to support us through the daunting transition from student to doctor?

## Green flags

When you start searching for your first job as a vet, it feels a bit like internet dating. Your inbox is overflowing with messages from recruiters and practice owners trying to stand out and get your attention. Thankfully, the red flags are easy to spot: after-hours emergency calls, suspiciously large signing bonuses, “fast-paced” work environments... the list goes on. But once you get past the job listings and sit down face-to-face with potential mentors, it becomes increasingly important to look for the green flags that will make one job stand out above the rest. I was lucky to find mentorship in my first job that provided the level of support I needed to thrive.

## My list of mentorship green flags:

### Meaningful conversations about mental health

The mental health crisis in veterinary medicine is often talked about over the course of a



lunch meeting and then slips away into the background due to the demands of the job. As a new grad, I knew I would struggle with building confidence and battling imposter syndrome. I was so worried that I would get overwhelmed and not know how to cope with every tough situation. After speaking with my mentor during the interview process, those fears started to fade. I saw that the workplace culture was very open to talking about mental health, and knowing that early on made me feel comfortable talking about my feelings and asking for support when I needed it.

### Commitment to work-life balance

“We’re all work to live, not live to work kind of people.”

This was another green flag from the first interview at my clinic. I work with incredible veterinarians who care deeply about the animals and people that they serve, but they also know that work is not the top priority in life. We all take a lunch break every day, leave work on time as much as possible, and never take medical records home. My mentors have shown me a level of work-life balance that I had rarely seen before in this profession, and I hope that it soon becomes normalized in every vet clinic.



### Open-ended mentorship timeline

My contract for my first job promised me three months of formalized mentorship. This is a fairly common timeline along which new grads are expected to transition from a training phase to functioning as a full doctor. However, the real learning process extends far beyond the first few months. While I encourage all new grads to sign a mentorship contract to make sure minimum standards are met, it's also worth having a conversation with your mentorship team about their willingness to provide guidance beyond a set time period. I have been practicing for several months now, and though I am more independent, I still frequently ask questions and rely on my mentors to be my safety net as I encounter new challenges.

### Valuing input from the new grad

Feelings of unpreparedness and insecurity are overwhelming as a new grad, so it's easy to forget what we bring to the table as associate veterinarians. My mentors reminded me from day 1 that I was coming in with the most up-to-date knowledge in the veterinary world. Even when I felt like I knew nothing at all, they asked for my thoughts on their cases and treated me as their equal. Simple acts of collaboration made me feel valued as a new doctor and reminded me that I'm not the only one who needs help sometimes.

## Putting it into practice

Each individual is going to have a different skill set and confidence level as they start their career, but at the end of the day, we all have the same goal. We all need mentors who show support for us as people first and veterinarians second.

Mentors should take the time to ask new grads how they're doing, not just with medicine but with balancing the demands of an emotionally taxing profession. Ask where they could use extra support and figure out ways to provide it. If you help them feel comfortable communicating with you early on, it will tailor the mentorship to their needs and prevent the frustration of a first job that doesn't live up to expectations.

Being a new veterinarian is hard. We're managing a wide variety of cases for the first time and learning how to take care of ourselves in a stressful career. The ideal mentorship program should understand all aspects, providing guidance in clinical cases and support for our well-being as we navigate life as a new grad vet.





# Abby Seeley is fierce, fearless, and unfiltered

By Jen Boon

It takes support to get through life.

No matter how smart, hardworking, or “tough” a person is, we all need family, friends, and colleagues in order to successfully and happily make it through this journey we call life.

Abby Seeley knows that.

In fact, when it comes to human qualities she admires most, it’s people who simply show up for each other that Abby appreciates.

She herself embodies this quality, too!

Originally from Hershey, Pennsylvania, Abby Seeley is a third-year veterinary student at the University of Pennsylvania Veterinary School. Prior to entering the world of vet med, she attended Penn State University where she graduated with a B.S. in Veterinary and Biomedical Sciences as well as a B.S. in Wildlife and Fisheries Science.

From working part-time in the clinical skills department helping students brush up on technical and surgical skills to doing research for PennVet Working Dog Center looking at the Search-and-Rescue Dogs deployed at 9/11 and being the coordinator for the New Bolton Center Student Surgery Crew and team member with The Gambia Goat Dairy, Abby “shows up” for her community.

Vet Candy loved speaking with Abby about her experiences as a soon-to-be veterinarian. Today she shares her thoughts on why grades aren’t the only things that matters and talks about what she wishes she could go back in time to tell her younger self.

## School is About More than Just Getting an Education

When asked about good advice she has received so far, Abby sums it up nicely. Don’t let veterinary school get in the way of your education.

Sounds counterintuitive, right?

Abby explains:

“It’s kind of become my mantra throughout veterinary school since I heard it,” she says. “As veterinary students, we are so conditioned to focus on grades, grades, grades that we sometimes forget to take advantage of other opportunities while we’re in vet school. Some of my best lessons were from wet labs or getting involved with other projects at PennVet. Additionally, with this mindset you learn more than just information for NAVLE, you stumble along some pretty good life lessons too.”

In fact, Abby has come across amazing opportunities, all because she looked outside the classroom.

For instance, living in Africa. Or spending her “may-mester” in the Czech Republic.

“We had to interview to be accepted on the trip, it was one of the first things (and still probably one of the only things) I ever applied to that wasn't at all related to veterinary medicine,” Abby remembers. “It was the first country I went to where most people didn't speak English, it was the first time being out of the country for more than 10 days, we tackled incredibly intricate and serious topics and I went not knowing a single person.”

Yet it was all worth it.

This gave her confidence to later do a full semester study abroad, travel to more countries that didn't speak English and be a more critical thinker, communicator and traveler.

All of which are tools she's used for so many opportunities since then – awesome!

## You Deserve to be Here

At age fourteen, Abby Seeley was already working with animals at a pet kennel. Abby knew she adored animals.

However, it's easy to be critical of ourselves as we get older and wonder...Am I good enough? Do I deserve this spot? What if I fail?

For fellow vet med students struggling with self-doubt, Abby has the following words of advice: You are doing fine!

She says:

“I look back and think how worried I would get about everything working out and wondering what people thought and if I was smart enough for this career and it drives me crazy to think about. In general, I think we could all take a minute to remind ourselves that we deserve to be here, no one else really cares that much about what you're doing so just do it. No matter what, we'll end up where we're supposed to be.”

With only a few years to go, Abby has exciting dreams.

In 5 years, she hopes to be a fully practicing veterinarian that has managed the work life balance of this field as well as a mentor in the industry who helps future veterinarians achieve their goals.

Vet Candy is excited to cheer her on every step of the way!





# Dr. Brittney Kilgore is in charge

By Jen Boon

## Ambition. Determination. Passion.

These are the three qualities that Brittney Kilgore credits for her success.

From starting her own dog walking business at the age of 10 to graduating from St. George's University and officially becoming a Doctor of Veterinary Medicine, Kilgore has always been motivated to help animals.

Now, she is ready to make her mark on the vet med community.

And did we mention?

She also runs a popular YouTube channel with almost 8 thousand subscribers – wow!

Vet Candy wishes to congratulate Brittney on her recent achievements. Just now, we caught up with this new grad. Today, she tells readers all about her future plans as an aspiring feline specialist and shares the changes she would love to see in the world.

So, without further ado...

Introducing, the cat-loving veterinarian with big dreams, Dr. Brittney Kilgore!

## Doors Open When You Follow Your Heart

It takes a long time to become a veterinarian.

In addition to elementary school and high school, there is undergrad and then another several years completing a DVM. But when all is said and done, endless opportunities await, and that's a very exciting feeling.

For Brittney Kilgore, every second has been worth it.

In addition to all that schooling, she has been a veterinary technician and assistant for seven years. Now, the doors are wide open for her.

Dr. Kilgore's ultimate mission in life?

"To be happy within and outside of my career," she says. "I want to continue to open the doors to less common avenues of veterinary medicine such as feline only medicine and integrative practices while also emphasizing how important it is to maintain your life outside of work with relationships, your health, and your own leisure."

In five years, she hopes to be "my same self but a little wiser and experienced." And (if the stars align) also open her own feline only hospital in the future!

Money Isn't Everything

Furthermore, Brittney knows that understanding money is necessary when it comes to veterinary medicine.

For example, having financial discussions with pet owners, talking to employers about salaries, investing in courses and additional training, etc. is all to be expected when entering this field.

But even though money matters, Brittney Kilgore reminds us that it's not everything. In fact, our fixation on wealth is something she wants to see change.

Kilgore explains:

"I would like to see less value in money and more value in relationships, health, and saving the environment," she says. "I think we just need to be taught again to be connected with nature and one another as humans as well. Modern day times and capitalism has people so obsessed with business and luxuries but not on your health, community, and being able to nurture the planet for ourselves and generations to come. Money runs the world unfortunately, but it's something personally I wish would change."

Instead, values more intrinsic things. For instance, being outwardly kind to others.

"Sincere acts of kindness are hard to come by, and it really makes my heart warm when I see selfless people who do for others just to make the other person's life better," she ends.

Follow her on instagram @thatvetbk





# Why *NONYÉ* WILLIAMS Never Gives Up

By Jen Boon

“Never give up on your dreams.”

These words were made famous by former president of the United States, Barack Obama. Millions of children and adults alike were inspired by his speeches about hope, persistence, and resilience.

One little girl in particular who took his message to heart?

Nonyé Williams.

Currently attending Virginia-Maryland College of Veterinary Medicine, she knows all about chasing your dreams. From working in the food court at the Toledo Zoo to graduating from Ohio State University with a Bachelor of Science in Zoology and a minor in Video Arts, Nonyé Williams has always worked extremely hard.

Vet Candy is delighted to interview her!

Today, she talks about two things. First, her thoughts on a career in international veterinary medicine. And second, the influence film has had (and will continue to have) on her life and future as an international travel vet.

Introducing, the fabulous Nonyé Williams!

Bridging the Gap Between Local vs Global Medicine

Being a veterinarian is a dream job.

Adorable pets. Fascinating cases. Opportunities to learn, grow, and travel.

Who wouldn't want to spend their days doing this extraordinary work?





But when asked what the biggest problem facing veterinary medicine is, Nonyé reflected on one of her key reasons for pursuing this path.

She shares, "I believe there is not much knowledge about the many roles vets play in society. Because of this lack of knowledge, it has had a negative impact on many species globally. If people knew all that vets do for One Health, I believe we could get more support from our clients and save more species."

So, after practicing in an emergency hospital for a couple of years, Nonyé plans to go into wildlife/international work and help bridge that gap.

### Grab the Popcorn and Roll the Film

It's also important to remember as vet med professionals, we are allowed to be multi-passionate.

Actually, having other interests and hobbies outside of caring for animals is healthy. For example, music, art, film, sports, etc.

Nonyé Williams explains:

"Although I love animals and vet school is a large priority in my life at the moment, vet school and animals are not what makes me 'me.' I am a complete individual with so many other interests and passions outside of vet med, so I am very serious about holding onto these other passions while being in school."

In fact, the best advice she ever received was, "I am in vet school, but vet school is not me."  
For her, that means enjoying a good movie.

Some of Nonyé's favorites include *The Revenant*, *Interstellar*, *Parasite*, and *Joker*.

"I'm a huge film fan and have always loved going to the movies each weekend growing up," she recalls. "This passion caused me to pursue a Video Arts minor in undergrad and join a film club on campus as well. Film has a very special place in my heart and will continue to even while I'm in vet school."

Who knows?

Maybe one day, we will see Nonyé on the big screen alongside animals!

She shares her parting words.

"Never give up," Nonyé encourages us. "Trust God in everything you do, no matter the circumstance and how bad things seem in the moment. Because He will always have your best interests at heart."



# How to target and manage stress

By Shauna Simmons

## Chronic Stress and the Power of Healthy Coping Mechanisms

Managing stress is an important aspect of a healthy lifestyle. Everyone handles different levels of stress daily. How you learn to approach and navigate your stress is a huge indicator of your quality of life. Chronic stress has been linked to many different physical and mental health issues when left unmanaged. So what are some signs of poorly coping with stress, and what can you do to reclaim some of your power surrounding stressful situations?





# Signs of Poorly Managed Stress

It's not always as easy to realize just how stressed you are. Even when you are the one feeling the emotions and experiencing life. When we get into the habit of brushing aside our issues or personal problems, we are creating an environment for ourselves where stress can fly under the radar. The catch here though is that stress can quickly build up. Some indicators of unchecked stress include:

- consistent/regular headaches
- Insomnia ~or~ oversleeping
- Loss of Interest in activities
- Increase ~or~ decrease in appetite
- Increased anxiety/worry
- Struggling to focus or concentrate
- Sudden weight loss ~or~ weight gain

## Developing Healthy Coping Mechanisms

To help yourself work through stress, you need to find ways to navigate before the stressor becomes too big. This means using the list above to help indicate triggers or tell that you are dealing with more stress than usual.

Once you are aware of your stress, and hopefully your stressor, you can decide how to navigate. Find a method that helps you step away from the situation and break down the stressor in a way that makes sense to you. This could be as simple as removing yourself from a room to take a breath. It could also be more complicated, like completely leaving a toxic job or relationship.

Once you have a better understanding of the situation, create a mindful approach. Some people enjoy journaling through their thoughts or confiding in a trusted therapist or friend. Turn from excessive alcohol and other stimulants as a way to cope with stress. These temporary fixes often lead to more stress than you began with. The most important note to remember when dealing with stress is that there is nothing you cannot manage. No matter how big an issue appears to be before you, it's cannot dominate your ability to break it down and work through it.





# ARIANNA ADAMS

## TAKES FLIGHT

Education is a gift.

According to the United Nations, over 260 million children do not get to attend school. Reasons for this staggering number include living in a war zone, poverty, gender discrimination, natural disasters, or simply because there is no school close enough to get to and from each day.

Therefore, it is important that we never take education for granted.

As someone who is a first-generation college student with a love of both animals and children, Arianna Adams values every second of her education!

Recently, Vet Candy caught up with this DVM class of 2023 candidate. Today, Arianna shares why pursuing a veterinarian career was the easiest decision she's ever made, plus tells us a little bit about how leadership, integrity, and communication have shaped her experience in vet school (and life).

Get to know our rising star, Arianna Adams!

### Three Qualities of a Superstar Veterinarian

We all have different personalities and character traits...and that's a good thing.

Some people are quieter and introspective, which makes them excellent listeners and deep thinkers. Others are natural born extroverts who are skilled public speakers and relationship builders.

For Arianna Adams, it's all about embodying leadership, integrity, and communication.

She explains:

"These three qualities are ones that I feel allowed me to get as far as I have. I have the will and strength to lead and be a team player. I love to mentor and teach others as well. My integrity allows me to set boundaries for myself and others. Communication and comprehension are key when things need to get done. I try to make sure any issues, questions, or concerns are communicated well with the people I am around to ensure we are on the same page. I think my ability and love of talking can help others feel more at ease and comfortable around me."



Currently in her clinical year at the University of Arizona College of Veterinary Medicine, Arianna is studying hard to become a "Day One Ready" veterinarian.

Judging from her accomplishments so far, she's got exactly what it takes to be an out of this world veterinarian!

### Be Confident In Who You Are

Like many in the field, Adams knew she wanted to become a veterinarian ever since she was a little girl.

"I never wavered from this path," she says. "I was inspired by my very first dog Angel. Veterinary medicine allows me to combine my passion for animals, family, and healthcare."

When not at the gym, exploring beautiful Costa Rica, watching funny animal videos (and let's be real...who doesn't spend hours doing the same?) Arianna also enjoys spending time with family. Above all, she appreciates her parents. Arianna shares that, "Together they have built a legacy for us to follow so that we did not have to endure some of the things they went through growing up. I aspire to have their strength, focus, intelligence, and most importantly their love."

In five years, Arianna hopes to Dr. Arianna Adams – a fantastic black veterinarian inspiring little kids who look like her.

Her #1 tip for fellow students?

"You know way more than you think," promises Arianna. "Be confident in who you are and what you represent."



# LIVING WELL

WITH

Dr.  
**JESSICA**

*vet  
candy*  
RADIO



# Leah Sauerwein's secret to being unstoppable

By Jen Boon

The only thing constant is change, and there are big changes at the helm of veterinary medicine!

Without a doubt, the veterinarian landscape is transforming (in a good way). As time goes on, we are seeing great improvements in areas such as mental health, diversity, equity, and inclusion, mentorship, and so on. And it's not just practicing veterinarians having an impact. Oftentimes, vet med students are the ones at the forefront of these positive changes.

Leah Sauerwein is one such DVM candidate who is leading the pack!

Originally from St. Louis, Missouri, Leah has already accomplished a lot. She holds degrees in Neuroscience and Psychology obtained from the University of Colorado Boulder. Currently, Ms. Sauerwein is also attending Colorado State University's College of Veterinary Medicine and Biomedical Sciences.

With a graduation date of 2023, this ambitious young student is almost ready to dive into full-time practice...but not quite yet! She still has more goals to crush.

Vet Candy sat down with Leah Sauerwein to discuss her time with Student American Veterinary Medical Association (SAVMA) and hear her thoughts on the power of student advocacy in the profession.

## Elevating Voices and Ideas with SAVMA

Created in 1969, the Student American Veterinary Medical Association (SAVMA) now represents 17,000 veterinary student members and associate members all across the U.S., Canada, UK, and Caribbean.

For Leah, being a SAVMA Chapter President was an honor.

She says, "During my term, our board hosted over 20 events focused on wellbeing, leadership, professional development, and community outreach. Some of the highlights included a college-wide comedy event with Dr. Kevin Fitzgerald, our Spring



wellness picnic, VetFest to highlight our club organizations, a salary negotiation workshop, a coffee truck visiting the teaching hospital, and many fitness classes."

Between studying and classes, Leah understands there is always room for fun!

But that's not all.

Recently, SAVMA made the official addition of the Chapter President Representative to the National Executive board. This means more open communication, sharing of opinions, and stronger potential to connect grassroots ideas to national implementation.

Indeed, students are powerful advocates. In fact, Sauerwein once organized a letter-writing campaign regarding the alteration of surgical curriculum at CSU.

She shares, “Students wrote letters to our administration, and ultimately our concerns and suggestions were heard. Since then, students have had avenues to express their opinions on the new veterinary curriculum and new buildings.”

Ultimately, Leah hopes to encourage other classmates and students to step out of their comfort zones and grasp unique opportunities while in veterinary school – like joining their local SAVMA chapter!

## “You Can Do Anything for One Year.” Until You Can’t

When asked what the biggest problem facing the veterinary field today is, Leah explained:

“Personally, I believe the biggest issue plaguing veterinary medicine from a student perspective is the dichotomy of the desire to increase wellbeing initiatives and the simultaneous contradiction with statements like, ‘You can do anything for one year’ when referring to programs that often overwork and underappreciate new graduates. The reality is that not everyone can do anything for one year, nor should we be expected to. We must also continue being transparent about the importance of mental health and addressing wellbeing in the workplace.”

Leah’s final words of advice?

“Don’t get caught up in what you are supposed to be doing. The key isn’t to always do more, more, and more but to do less so that you can do more of what you care most about.”

A fabulous reminder from a young leader with a bright future.





# Making vet school cool with TikTok vet student,

## Maggie Engelhard

By Jen Boon

There is a new face on the block in veterinary medicine, and her name is Maggie Engelhard!

Having recently accepted an offer to attend Iowa State University, Maggie might be at the beginning of her VetMed school journey, but she is no stranger to sharing her love of animals. During her undergrad, she did it all. From assisting with a pregnant rottweiler's c-section to monitoring the labor of roughly 90 beef cows for a calving management class, Maggie is always willing to lend pets a helping hand.

But it's not just critters that benefit from Maggie's talents. Now, she is sharing her dedication to the profession online – with millions of viewers on the internet! Specifically, by transforming the image of what it means to be a 21st century veterinarian.

We are thrilled to introduce this inspiring young veterinarian to our readers.

Presenting, Maggie Engelhard.



## Fighting Disinformation and Re-establishing Trust in Veterinary Professionals

One of the greatest things about TikTok is undoubtedly the veterinarian community.

Just search hashtags such as: #vetmed, #futureavim, and #vetassistant to see the funniest, most entertaining, relatable, and heartfelt videos one could possibly imagine. Instagram is the same.

Yet for Maggie Engelhard, social media goes deeper than that. Below the surface, she is acutely aware of just how powerful content creators can be when it comes to changing the perceptions (and biases) people have about veterinarians.

Engelhard explains, "I believe the biggest issue facing veterinary medicine today is the lack of respect and trust in veterinary professionals from clients due to the amount of disinformation put out onto the internet." As much as she enjoys utilizing these platforms to share her personal experiences and stories, Maggie warns others "not to trust everything they see or read online."

Indeed, we are living in the age of disinformation.

Luckily, Maggie keeps it real with her 172.6K TikTok followers.

"I hope veterinary content creators like myself, Dr. Hunter Finn, and Vet Techs Peter and Jaycee can continue to create educational content to reinstate trust in veterinary professionals from owners again," she says. "I would love to see more peace, kindness, and open-mindedness."

Want to follow Maggie's #vetschoollife adventure?

Follow her: @maggiie.anne



## ◀ Career Advice to Stay Grounded and Grateful ▶

As a student or practicing veterinarian, it is easy to get caught up in the day-to-day hustle and bustle. After all, there is always one more test to study for, another sick patient to check on, a once in a lifetime volunteer opportunity...phew! It gets to be a lot.

That's why Maggie is so thankful for the career advice she received early on.

The recommendation?

"Take time for yourself. Prevent burning out in any way possible. Don't worry about working as much as possible to make more money. The money will come... but the money won't come if you quit because you worked yourself into burn out."

For Maggie, this means finding time to relax and do activities she enjoys, like running, lifting, working out, or watching an episode of Jeopardy on TV.

In four years, Maggie hopes to be Dr. Maggie Engelhard and living her dream. Until then, Vet Candy looks forward to following her journey!





# *Natalie Katz takes the world by storm*

By Jen Boon

Ask Natalie Katz what her favorite animal patient is, and you will probably be surprised.

She'll give you a hint: it's a mammal with long legs, big lips, and a humped back. If you guessed, "Is it a camel?" then yes, you are correct!



Today, we are overjoyed to highlight the incredible work of this upcoming Cornell College of Veterinary Medicine graduate, Class of 2023. With her unique experience at the Dubai Camel Hospital, passion for wildlife advocacy, and wonderful sense of humor, the future Dr. Katz is a soon-to-be vet with so much to offer.

Let's get to know her.

## **Tell Us a Little About Yourself**

Originally from Los Angeles, Natalie has spent her days trekking through the Andes in Peru and roaming the sandy dunes of Dubai. In 2016 she graduated from Scripps College where she holds a B.A. in Molecular Biology. Shortly after, she then attended Tel Aviv University and received a M.Sc. in Genetics.

But nowadays, Natalie Katz is on route to becoming one of the coolest camel-loving vets in the world.

Currently in her third year of the DVM program at Cornell University, Natalie aspires to "live life as true to myself as I can." Persistence, drive, and ambition are the qualities that have enabled her to travel all over the world. However, it was a summer internship in Israel – at a wildlife hospital – that truly had the biggest effect on her life's direction.

From there, deciding to be a veterinarian was the easiest decision Natalie ever made.

In terms of goals, Natalie is a proud HPSP (Health Professionals Scholarship Program) student who also looks forward to serving her country as an Army Veterinarian one day.



# Lakhia Fuller is Making a Change

Heal the past, live the present, and dream the future.

While the original source of this proverb is unknown, the words hold no less impact. Especially for veterinarian to be, Lakhia Fuller.

Originally born and raised in the small city of Goldsboro, North Carolina, Fuller is currently a second-year student at North Carolina State University College of Veterinary Medicine. After earning a B.S. in Biology from Winston-Salem State University in 2019, a M.S. in Agriculture and Environmental Sciences from North Carolina Agricultural and Technical State University in 2021, this first-generation college student decided to pursue her passion for pets, with an interest in mixed animal medicine, small and exotics, and emergency.

But as exciting as the future is, Lakhia Fuller knows the importance of honoring the past in all that she does, too!

This includes being charter president of NC State Chapter of the National Association for Black Veterinarians, diversity and inclusion chair for the class of 2025, student coach for the Educators Pledge Program for Diversity, Equity, and Inclusion, and more.

Recently, Vet Candy spoke with Lakhia about her experiences in veterinary school so far.

Introducing, our newest star on the rise, Lakhia Fuller!





# Let Your “Why” Guide You

Choosing to become a veterinarian is a life-changing decision.

Like thousands of applicants, Fuller had her own fair share of doubts. Being multi-passionate – with a love of acting and cooking – also made the decision a tough one.

“Deciding to apply to vet school was an extremely agonizing decision for me,” Lakhia remembers. “I often felt like I was underqualified and that I would be wasting my time and money (VMCAS is expensive!) if I decided to apply.”

Yet thank goodness she did.

With resiliency, sincerity, and allowing her so-called “why” to constantly motivate her, Lakhia has blossomed into an active member of the student vet med scene.

## Living the Prayers of Her Ancestors

Nowadays, Fuller is enjoying her studies at North Carolina State University College of Veterinary Medicine. However, she remains aware of the barriers that have faced (and continue to face) veterinarians from diverse communities.

“I always knew that I wanted to be a veterinarian but because I had never met a Black veterinarian, I didn’t think that it was something obtainable,” she says.

Fortunately, one of her mentors stepped in.

Lakhia recalls, “I shared my thoughts with my mentor who helped me design a research project centered around minority veterinarians. This project helped connect me with a network of Black veterinarians and this propelled me into the veterinary medicine field. All it took was for me to admit that I was afraid that my dreams might not be a reality.” Of course, statistics reveal that her feelings were valid.

According to The American Veterinary Association, only 2% of the U.S. veterinary workforce is made up of Black veterinarians...yikes. Lakhia Fuller knows that as a Black vet med professional, she is literally (in her words) “living the prayers of my ancestors.”

She explains:

“While in undergrad I had the chance to study abroad in Cuba while researching Afro-Cuban culture. While there we climbed Sierra de Lan Gran Piedra and from there visited the ruins of a coffee plantation. Climbing to the top was incredibly difficult for me (and I was in shape back then) but seeing the view made it all worth it. Visiting the coffee plantation was an emotional experience to say the very least, but it left me with a deeper understanding of how I am in fact living the prayers of my ancestors. I carry that feeling with me everyday and whenever I feel like giving up, I remind myself of their prayers.”

When asked about changes that need to happen, Lakhia touches upon the same issues.

“Like many people there are numerous changes I would like to see in the world,” she tells us. “One of the biggest changes I would like to see is a halt to the erasure of Black history. Several politicians across the country are trying to erase Black history and the important contributions made by Black people. This is especially terrifying as Black history is so deeply rooted in American history. Attempting to erase Black history takes away a certain level of accountability and hinders us from learning from past mistakes and fixing current issues.”

Lakhia’s final words of advice?

“Don’t let others define who you are,” she says. “And don’t be afraid to go after an opportunity even if it scares you.”

Right on, Lakhia!





# Stephanie Benedict

## Pursues Her Passion

*By Jen Boon*

As veterinarians, we come across all different types of animals.  
Cats and dogs, yes.

But also many creatures of the feathered variety, like chickens. However, did you know? Even though chickens are the most widespread and abundant domestic livestock in the world, both farmers and backyard hobbyists have a difficult time finding a veterinarian who specializes in poultry.

That's where Stephanie Benedict comes (or should we say, flaps?) to the rescue!  
Her mission?

To make an impact on the poultry industry as a veterinarian and empower a new generation of veterinarians to join the field.

Today, Vet Candy is overjoyed to highlight the accomplishments of this soon-to-be veterinarian. Currently in her 4th semester studying at Ross University School of Veterinary Medicine, she shares a behind the scenes look at taking care of the animals that provide us with the fresh eggs we eat every single day.

Introducing, the future veterinarian who is passionate about poultry, Stephanie Benedict!

### Work Hard and Do What You Love

Raised by a single father, Stephanie understands what it means to work hard.

"He always pushed me to pursue my interests and get involved with acting and singing when I was younger," she says. "Now, he pushes me to do well in school and become a great veterinarian. And on top of raising a daughter, he's never stopped working hard. I really understand what hard work means because of him and how blue-collar workers are crucial to society. I think it's what makes me love working with farmers."







Luckily, Stephanie Benedict is helping to fill that void. In fact, pursuing poultry is the easiest decision she ever made!

Stephanie explains:

"I had been working in small animal practice for a couple years and I didn't feel as fulfilled as I expected, but I knew veterinary medicine was right for me. I had a love for pathogens and food safety during my undergraduate education and realized that food animal medicine might be the place for me. After externing with a duck production company, I knew that poultry was a perfect fit for my life. I was hooked!"

Build on Yourself to Be the Best Vet for Your Patients

Nowadays, she is busier with poultry than ever before.

Benedict credits her resiliency, ambition, and curiosity for the opportunities that have opened up to her.

In addition to her studies, Stephanie is also a Research Assistant evaluating biosecurity and sanitary status of poultry farms in St. Kitts, as well as the vice president of the Association of Avian Veterinarians and secretary of the American Association of Small Ruminant Practitioners and American Association of Swine Veterinarians chapters on campus.

For those considering this path, Benedict says...give it a try.

"It's hard to provide good quality medicine when you're in charge of thousands of birds in a flock for multiple farms across a large region," she tells Vet Candy.

"With major issues like Highly Pathogenic Avian Influenza causing flocks to be depopulated, farmers are losing their livelihoods and consumers are missing their eggs. Veterinarians and the amazing veterinary support workers are on the frontlines trying to take care of these flocks and we need more of them."

In five years, Stephanie hopes to be completing an American College of Poultry Veterinarians Approved Training Program and be taking her board exam to become a diplomate.

Vet Candy is excited to watch her continue to soar!



# Jack Murray on finding his way

By Jen Boon

When it comes to endeavors, Jack Murray has two: entrepreneurship and emergency medicine. It may sound like an unconventional combination.

But for Jack, this makes total sense!

Currently a third-year veterinary student at the University of Missouri, Jack Murray has his hands full. In addition to being an animal dad to an amazing blue heeler named Heidi and a thoroughbred horse named Chance, he's also a successful business owner. As the founder of Murray Kennel Company, Jack's award-winning design has helped dog owners everywhere.

Vet Candy is excited to introduce this pet-savvy inventor to our readers. Recently, we spoke with Jack about how he went from working in a horse stable to becoming a vet med student, learn about his business idea, and get a behind the scenes peek at how he got to where he is today. Introducing, the paw-some Jack Murray!

## Launching a Business While Still in School

Saying "yes" to veterinary school was the easiest decision he ever made.

From making his first dollar in a horse stable, his love of animals has brought him far.

However, starting Murray Kennel Company is the adventure that Jack says most changed his life.

"This idea started during my first year of veterinary school while I was living in a small apartment with my dog," he explains. With limited floor space, he quickly got frustrated by how much room traditional crates take up. So, he got creative.

Jack says, "Our mission is to provide an effortless portable dog crate as well as helping pet parents save space in their home. Making this the ideal dog crate for on-the-go and at home. In 2022, Murray Kennel Company won The University of Missouri's Entrepreneur Quest Competition, an 8-week workshop for new ventures that concluded with a business pitch competition. Out of 50 participants, we were awarded first place and provided with startup funding for our business."



"I was incredibly nervous," he remembers. "But having Heidi by my side the entire time definitely helped give me the confidence I needed."

Wow!

Sleek, adjustable, and made by a dog dad himself, it's no surprise that these kennels are a tail-wagging hit. Now, Jack's mission is to continue being an entrepreneur and make a positive impact on individuals who need it most.

## The 3 Qualities of a Leader

Of course, it took a lot of dedication to see the fruits of his labor.

When asked what three qualities most contributed to his achievements, Jack said, "Say yes!" Whether it's new opportunities, travelling, starting a business, or even skydiving, he knows that no mountain is too big to climb...but you do need to take that first initial step by saying yes when there is a knock at the door.

Secondly, he encourages people to, "Aim to be the hardest worker in the room."

Third, "Don't stop until you reach your goal."

Together, these qualities are all the telltale signs of a strong leader.

Vet Candy looks forward to seeing what Jack Murray does next. In five years, he hopes to be a thriving business owner working in and out of the veterinary industry. With so many creative ideas and a passion for seamlessly integrating both pet and human lives, we are sure we haven't seen the last of Jack Murray!



# Jaymee Gencher is not giving up

By Jen Boon

## Don't give up.

That is what Jaymee Gencher has been telling herself for the past few years.

Currently a Ross University School of Veterinary Medicine student doing her clinical year at Tufts Cummings School of Veterinary Medicine, Jaymee knows that in order to succeed at your goals, the first step is believing in yourself. From solo traveling to moving (to not one, but two!) different countries during vet school, she is embracing her infinite potential. Originally from Toronto, she has literally crossed borders to pursue her ultimate objective: a residency in either oncology or critical care.

But it wasn't always this way...

In fact, Jayme once doubted her dream of becoming a veterinarian. Can you imagine!

Luckily, everything changed. Now, she's a 2023 DVM Candidate. Vet Candy is delighted to have had the opportunity to interview Jayme Gencher recently. Today, she shares how she overcame the doubt in her mind, plus addresses some of the biggest challenges facing our community. Introducing, the marvelous Jayme Gencher!

Let Belief Be Louder than Doubt  
Beloved storybook character Winnie the Pooh famously said, "You are braver than you believe, stronger than you seem and smarter than you think."

As children, we agreed.



However, with age comes skepticism. Suddenly, it's a whole lot harder to feel confident in yourself, especially when it comes to your education and career. Therefore, lack of confidence isn't totally unfounded. Remember, acceptance rates for vet schools fall between a notoriously low 10% and 15%.

For young people like Jayme, hearing about this can make believing in your abilities tricky.

She explains:

"Believe in yourself. Younger me avoided even entertaining the idea of becoming a veterinarian because I didn't think I was capable. I had given up on my dreams before I had even let myself dream them, which really took a toll on my mental health. But somewhere along the way I decided to give myself a chance, and now I am six months from achieving my dream of being a veterinarian and am the happiest I have ever been." Gencher adds, "Finding my purpose also significantly improved my mental health. It has given me the motivation to work towards something and a sense of fulfillment every day."

Vet Candy agrees!

If you don't try, you will never know what amazing accomplishments could have been waiting right around the corner.



# Changes that Need to Happen in Vet Med

When not studying or working, Jayme can be found lighting a candle, curling up on the couch with her cats and a cup of tea, watching Netflix, reading books, or playing video games.

These activities help her unwind.

Like all veterinarians, she is no stranger to stressful days. When asked about what the biggest problem in veterinary medicine is nowadays, she identified several of the same stressors vets feel again and again (but that the industry as a whole sometimes fails to address).

Gencher tells us:

"I really feel like we have identified a number of issues in veterinary medicine; work-life balance, diversity, equality, and inclusion, client-veterinary relationships, etc. However, whenever these issues are brought up the discourse always includes, 'Well that's how it's always been.' If everyone was just more open minded to change it would be so much easier for industry wide changes to be implemented."

Fortunately, there is a wave of fresh veterinarians on the horizon who are dedicated to helping animals and other people in vet med – like Jayme Gencher!





# SANDRA PINTO HAS YOUR DREAM LIFE

By Jen Boon

Is there anything lovelier than summer in Portugal?

For Sandra Pinto, a first-generation Portuguese American vet student, spending the warm months in this country was where her love for animals began.

In fact, international service work is something she plans to make part of her career!

Currently a second-year vet student at Cornell University, Sandra Pinto is a lifelong learner who credits much of her success to her resilience, passion, and stubbornness. And of course, her selfless mother.

Recently, Vet Candy spoke with Sandra about her experiences in veterinary school thus far. Today she shares a little about her passion for stray animals, why she admires her mom's hardworking spirit so much, and the best career advice she ever received. So, without further ado...

**Let's get to know Sandra Pinto!**





## GETTING THE WORD OUT ABOUT SPAY AND NEUTER PROGRAMS

Do you want to hear a shocking statistic?

According to animal shelter intake information, it's estimated that there are 70 million stray cats and dogs in the United States at any given moment. Globally, the numbers are even more staggering. There are plenty of reasons why our four-legged friends find themselves cold and hungry on the streets. For example, uncontrolled breeding. Sandra is fully aware of this problem. With a keen eye for international animal causes, she has witnessed firsthand what happens when unhoused pets give birth to puppies and kittens generation after generation. That's why she would like us all to become more dedicated to this cyclical issue.

"Better resources to help countries improve stray animal population issues" is what Sandra Pinto says is needed most.

She explains:

"One of my professors at Cornell, Dr. Paul Maza (quick shout-out!) started an organization called FARVets, which sponsors spay and neuter clinics around the world. It is led by veterinarians and veterinary students. This sort of program is something I think larger veterinary corporations could get involved in. Small steps by a lot of capable people would help a lot of small communities worldwide."

Great idea, Sandra!

From volunteering with a spay and neuter clinic to fostering a stray and educating pet owners on their surrender options, there are tons of ways to prevent future animals from ending up as strays.

### BEING RAISED BY YOUR HERO

Hearing all of this, one must wonder...

Where did Sandra Pinto get her giant heart from?

Like many of us, it was her mother who instilled many of the qualities - such as kindness - inside of Sandra as a child. When asked who she admires (and why), Sandra didn't hesitate to reply.

"My mom," she says. "She immigrated to the US from Portugal when she was just 16 years-old and went straight into the workforce. She taught herself English eventually and built a life for herself in the United States. Anything I have ever accomplished has been because of and for her. I have never met someone so empathetic, kind, and altruistic, and I can only hope to be half the person she is."

Sandra adds:

"I watched her struggle to learn English and gain the confidence to speak in public throughout my childhood. Despite her difficulties, she never shied from doing the best for my siblings and I. She is my superhero."

Yes, parents really do make a difference!

Sandra Pinto's final words of advice for her fellow veterinary students?

"Don't take things so personally," she recalls being told once. "I wear my heart on my sleeve, and criticism is something that used to make me feel less-than and incapable. That advice helped me get over the imposter syndrome that came with my first year of vet school."

Wise words from a fabulous soon-to-be vet.

This Rising Star Helping Busy Teams Thrive



## Why it's Kinnidy Coley's moment?



Kinnidy Coley has known she wants to work with animals for a living since she was in high school. Her passion for animals includes not just the usual cats and dogs, but poultry, small ruminants, and camelids.

Although she is in the middle of vet school, her efforts to learn about animals are truly incredible. As a child she would sit and watch nature documentaries with a notebook taking notes and found opportunities to study animals all through her teens.

During one event Coley got a piece of advice that would help her gain a number of new opportunities. During a veterinary medicine event she heard someone say, “the worst thing I ever could be told is No when asking for opportunities.”

She has taken that advice a great distance, and learned from the incredible number of opportunities that have told her “Yes” instead of “no.”

These opportunities included a fellowship as a Land O’Lakes Global Food Challenge Emerging Leader, as well as a “next generation delegate” to the Chicago Council on Global Affairs to address global food and nutrition security.

She’s a student NC State College of Vet Med, but that doesn’t mean she’s too busy with classes to look for more opportunities. She’s joined the Carnivore Team, which specializes in research and care of wild or captive carnivores as well as a broad swath of other clubs including Student Chapter of the American Association of Small Ruminant Practitioners, Swine, Poultry, and Aquaculture Club, V.O.I.C.E., BlackDVM Network and more. She loves these opportunities, and greatly enjoys taking the opportunity to learn in every possible way.

Although she is deeply invested in veterinary medicine, that is not her only side. Coley believes that something everyone should do at least once in their life is to immerse themselves in a different culture. Her own opportunity to do so came when she traveled to Malawi and South Africa.

Seeing a different way of doing things can help you innovate in your own culture and bring about positive change for the world.

When Coley has a stressful day, she likes to take a walk to help put her mind at ease. Taking a walk helps clear her mind, and help her to focus on the present and what she can do about things that are currently happening—not worry about the past or future which is out of her control.

Veterinary medicine is a flexible world, in it you have the ability to combine different skills, and do almost anything you set your mind to. Coley wants to be a big part of that, combing her love of solving problems such as food insecurity, with her love with medicine for her favorite types of animals, especially goats.

As she continues to look for and take these opportunities, she hopes to open up as many doors as possible and learn as much as she can about the animals and veterinary world she adores. Although she’s currently only in her second year of veterinary medicine, Coley has clearly shown that she will go far in the community and do great things in her career.



# Tina Hansen's mission to save *our world*

Class of 2023 from the Uniwersytetu Przyrodniczego we Wrocławiu, Tina Hansen is one of the hardest working veterinary students out there. Her drive started early in life, and came to a head when she spent a year in the military. She was given a choice between becoming a medic, which she had a passion for—and working with military dogs, another passion.

She chose to work with the dogs, but it sparked an idea inside her—if she could combine her passions for the medical field and the animal field, she would have the best career in the world. A new vet student was born.

The veterinary field inspired her in ways no other opportunities available to her could. It gave her the satisfaction of helping both an individual animal and a species in general, but also people as well. It allowed her to be a helping hand, and also continue to work with animals.

Like many vet students, Tina put her all into what she was doing. Sometimes, she would give her all and just a smidge more, which resulted in her needing months to recover from the effort. It took time for her to realize that this extreme lifestyle was unsustainable, and that she had to do something novel for her---start saying no.

Tina wishes that she had learned how to say no earlier, and to set healthy boundaries for her younger self. Today however, she has learned not only when she doesn't have time or needs to take a break, but also what success truly is.

A trip to Australia helped her attain this valuable mindset, and Alex Hynes and Gerardo Poli were both big inspirations in helping her get there. They helped show her that success isn't a pinnacle you achieve such as getting into or finishing vet school, it's a lifestyle. Everything you do can be a step towards success, and that's what makes you successful.





A quote that helps sum this up might be, "Aim for the moon. Even if you miss, you'll land among the stars." Tina aspires to live that lifestyle, aiming high for her dreams, but being flexible enough to thrive no matter what comes her way.

She has also volunteered in Zimbabwe in order to learn more about and help wildlife, going herself when opportunities through school were limited. She learned a lot during this time, and greatly valued the experience made available to her.

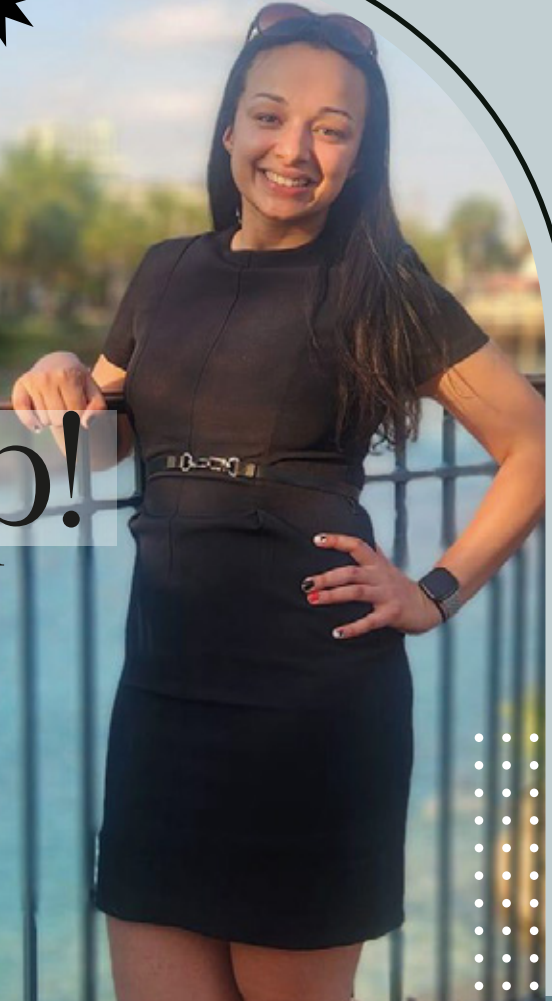
She went to Namibia for 5 weeks a while after high school to a volunteer project, "Naankuse". Her team was working with all types of wildlife and horses. That is when the conservation bug bit her and she's been volunteering a lot since then. Some of the trips she's made included a week spent volunteering with elephants for a foundation in Thailand. She later spent 2 weeks in Zimbabwe at an antelope park working with lions and horses.

\* In the next 5 years, she hopes to be an inspiration for others,

... and someone they can turn to for advice. She hopes to be a positive force for good, both for animals and for people.

Right now, she's already well on her way to doing so. Her Instagram @travelingvetstudent is full of the adventures she has gone on, the animals she has helped, and her journey through life. She has rapidly grown a following of other veterinarian students, hopefuls, and people who simply love and appreciate her beautiful thoughts.

# Thamires Nunes is powering up!



Do what you love and  
you'll never work a  
day in your life!

That is the mantra of Thamires Nunes, a Class of 2023 graduate of The Ohio State. Born in Sao Paulo, Brazil, her family moved to a small town west of Boston when she was a young child.

Growing up, she didn't consider becoming a veterinarian until she met "Jovi" an abandoned kitten she rescued and brought home. Nursing him back to health inspired her to pursue a career in vet med, first through becoming a Certified Veterinary Technician and later, vet school. She is super passionate about critical care, so it is no surprise that she's planning to go into emergency medicine when she graduates and she later hopes to become boarded in ABVP.

## Here's some facts about this rising star!

1. Her parents run a very popular pizza joint in Maynard, Massachusetts, so Thamires is definitely a pizza snob!
2. As a child, she was terrified of dogs. Thankfully she overcame this!
3. She is an advocate for sustainable lifestyles and was a co-founder of Project HOME (Helping our mother earth) in college.
4. Her favorite celebrity is The Daily Show's Trevor Noah because he can bring humor to difficult subjects.
5. Her absolute favorite treat is Roasted cheese & Dulce de Leche from Minas Gerais.

Want to learn more? Follow her on  
Linked In





# Alex J. Hall's amazing journey

**Two out of every three homes have a pet. Of the 393.3 million pets that live in the U.S., did you know that freshwater aquarium fish are the most popular? In fact, there are 139.3 million of them nationwide.**

What do you do when your beloved fish gets sick? Do you call your veterinarian for help? Unfortunately, not many veterinarians treat pet fish, so you may not be in luck!

But, if you know the Royal Veterinary College soon to be graduate, Alex J. Hall, you will be in luck. Alex, also known as @thereefvet on Instagram, keeps his more than ten thousand followers up to date with everything fish.

From ways to maintain the best water quality to recognizing dangerous diseases, it is no wonder Alex was chosen to be one of Vet Candy's Rising Stars.

## Here's five things you may not know about future fish vet, Alex J. Hall

- 1.** After a stressful day, he enjoys working on his home aquariums. By the way, his home aquarium consists of six distinct tanks containing a vast assortment of saltwater species, including fish, coral, and anemones.
- 2.** According to this native New Yorker, everyone should make their health a priority- that means we should prioritize physical activity, healthy nutrition, and self-care.
- 3.** His life's mission is to explore currently untouched areas of aquatic medicine. He wants to catalog, classify, and treat emergent diseases of marine invertebrates (i.e., Corals and anemones) and teleosts (Reef species).
- 4.** He believes that finding a purpose in life is essential because it provides direction, significance, and satisfaction. When we have a purpose, we have a reason to get out of bed every day, work diligently, and endeavor for something greater than ourselves.
- 5.** He's hoping to launch his own aquatic hospital in the next five years.

# HONORABLE MENTION

## *Bizzy: CareCredit's Rising Star Helping Busy Teams Thrive.*

**Bizzy is a clinic cat who wants to make every day more pawssitive and productive for veterinary teams**—because she understands that busy is the new normal in veterinary practice. During the last few years of non-stop change, she's been inspired by team members who've stuck by their patients and co-workers through the good, the bad and the pugly.

A feline friend who's passionate about helping veterinary professionals be their best selves, Bizzy is always ready to pounce into action to help busy, hardworking teams overcome stress and boost morale to help avoid burnout.

Whether it's empowering veterinarians to have comfortable and confident cost conversations (yes, it's possible!), introducing teams to the CareCredit health and pet care credit card for financing solutions that help improve their workflow, or emphasizing the importance of purrsional time and self-care, Bizzy is always there to provide support. This rising star is helping brighten the future of pet healthcare, one paw at a time.

Keep an eye out for more Bizzy and CareCredit in Vet Candy's June issue. It's one you won't want to miss.





# Rising Stars

2023



*vet  
candy*