

Nov-Dec 2012

PQ

Pharmacy Quarterly





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DISCLAIMER: Any opinions or viewpoints published are directly from the contributing authors and do not represent the philosophy or viewpoints of the Faculty of Pharmacy or the University of Alberta.

Message from the Editors

Hello fellow pharmacy students! I am Patrick Jones. I grew up on an acreage situated east of Red Deer, Alberta and attended high school in Lacombe. My first degree was in Ecology as I am very interested in the environment and climbing. After I finished my degree, I took a year off and went travelling to Australia, Indonesia, Malaysia and Singapore, and somehow applied to Pharmacy in the midst of all the fun.



In this issue, check out the Mr. Pharmacy contestants! Also check out the Prof's Corner featuring Dr. Christine Hughes. We are always looking for input/opinions/ columns by students. So if you have an idea or a thought please let me know at pj2@ualberta.ca or 780 903 0934.

Patrick Jones , Third Year Pharmacy student and PQ Editor

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Hi pharmacy students. My name is Heber Enos Castillo Gurdian. I know.. Long name haha.. Its Spanish. Well anyways. I was born in Alajuela, Costa Rica, but I came to Canada before I turned 2 years old. I grew up in Medicine Hat, Alberta and went to High school there. My first degree was an Honors degree in Immunity and Infection and now I am in Pharmacy. I love music and I know how to play base guitar, drums, piano, and guitar. I've recently travelled to Costa Rica and Hawaii which was amazing! This summer I worked at the Walmart pharmacy in Medicine Hat and had my rotation in the Medicine Hat Regional Hospital. I had great experiences at both locations and I want to keep learning more. I really hope you guys enjoy what me and my partners provide for you in the PQ. I want you to know that if you have any ideas or suggestions that you think we should incorporate into the PQ let us know. Please contact me at hcastill@ualberta.ca or (c) 403 581 3340

November-December Calendar

Please note: Although every effort has been made to ensure this calendar is up to date, we always recommend that you check the APSA Calendar on our website (<http://myapsa.ca/view-full-apsa-calendar/>) for the most current information.

Friday, November 9—Stress Relief- Wellness Event. Stressed out from studying for exams?! Come to the first wellness event and enjoy massage therapy for FREE!

When: 12:00– 4:00pm Where: ECHA 1-490

-CpHA Lunch & Learn. Every year, CpHA does a lunch and learn where they inform pharmacy students on what is CpHA and the CpHA membership. Come join us and find out more about CpHA!

When: 12:00pm—1:00pm Where: MSB 227

Sunday, November 11—Remembrance Day. Therefore, Nov. 12-13 (Monday—Tuesday) - Fall Break!! No school!

Thursday, November 15—WEM Bowling. “WEM - Thursdays” are all you can bowl after a certain time - tight and bright bowling - more details on cost to come

When: 5:00pm—10:00pm Where: West Edmonton Mall

Friday, November 16—Want to look for a summer job? Or perhaps find a future store to work for? Come to the career fair where your future pharmacy career awaits. There will be community pharmacies, hospital pharmacy, drug information, military etc present.

When: 2:00pm—7:00pm Where: ECHA 1st floor Hallway

Friday, November 23—Mr. Pharmacy Unveiling Party. \$10 ticket gets no line no cover and a free drink before 10:30pm and entered into a door prize draw limo package and bottle service for Social committee and Mr. Pharmacy contestants drink deal - for more details on this draw, ask Jessica Pynch, the Social Director.

When: 10:30pm—close Where: Lucky 13

Monday, November 26—come support our 3rd annual Mr. Pharmacy event! Cheer on your Mr. Pharmacy class candidate while he struts his stuff on stage. All proceeds go to Prostate Cancer directly. This is an event you don't want to miss!

When: 5:00pm—11:00pm Where: Myer Horowitz Theatre in SUB

DECEMBER—no school-important dates. But we have Christmas, Boxing Day and New Years Eve!! Woot woot!!

APSA Update

Hi everyone,

I hope the past few months have gone well for you! Here are some highlights from APSA this term.

As part of the UofA Pharmacy team, students and faculty participated in the **Canadian Breast Cancer Foundation CIBC Run for the Cure** on Sept 30 and raised a total of \$10,005.60! The team placed sixth out of all Post Secondary Challenge teams and first out of all ten pharmacy schools. We would especially like to recognise the top five fundraisers from our UofA Pharmacy team:

Ken Soong (2014) - \$2715.00
 Melissa Chung (2014) - \$627.60
 Amber Thistle (2014) - \$610.00
 Laura Coleman (2015) - \$550.00
 Aaron Cunningham (Faculty) - \$445.00

Thank you to everyone for your dedication and support!

Our first **RxA Speaker Series** was held on Oct 10. Jeff Whissell, RxA Director of Pharmacy Practice, spoke about the new Alberta Pharmacy Services Compensation Framework. The RxA Speaker series is a new APSA initiative this year developed to encourage pharmacy students to become engaged within the profession and with RxA. We hope to see you all at the second RxA Speaker Series, "Seniors Fall Prevention," on Nov 28!

APSA worked with the Faculty to coordinate the **Faculty Townhall Meeting** on Sept 18 and the **Faculty Meet 'n' Greet** on Oct 10, both of which were very successful. The Townhall Meeting allowed students to find out about new developments in the Faculty, while the Meet 'n' Greet was a great opportunity for students and

faculty to chat and get acquainted.

During November, APSA is raising money for Prostate Cancer Canada through **Movember** and **Mr Pharmacy**, a humorous fundraiser. You can check out the Mr Pharmacy candidate interviews in this issue of the PQ! Mr Pharmacy takes place on Nov 26 and tickets are on sale now. You can also join or donate through the UofA Pharmacy Movember team. More information is available at: <http://myapsa.ca/mrpharmacy/>

As always, be sure to check out [our website](#) and "like" [our Facebook page](#) to keep up with all APSA news and updates!

Enjoy the rest of Fall term, and have a safe and happy Winter Break!

Melissa Chung (mvchung@ualberta.ca)
 Publications Director





Dear Pharmacy Student,

The Alberta Pharmacy Students' Association (APSA) remains committed to the continuous improvement of the academic environment for the pharmacy student body. To do this, APSA is working closely with the Faculty of Pharmacy and Pharmaceutical Sciences to augment the communication and relationships between students and faculty while advocating for the needs of students on behalf of the student body.

APSA recognizes that there is an ongoing need for evaluation of the quality of the education we are receiving and as such APSA is working with Faculty to put in place programs that allow the students to maintain a strong voice and provide the students with an unhindered channel through which they may communicate their feedback in a safe and open manner - all the while reinforcing and upholding professionalism, and encouraging constructive feedback.

If there are academic comments/concerns/questions, APSA provides three main modes through which students may communicate to faculty in an official manner.

1. **Contact the VP Academic!** This is the first and primary mode that APSA provides to the student body. By having students contact the VP Academic, APSA is able to address the comments, questions and/or concerns that are raised. Many times these concerns are a simple misunderstanding and clarity on a complex issue is all that is needed. Other times, actions must be taken by APSA to approach the faculty member or the Dean on behalf of the student that raised the concern. The VP Academic role, in addition to providing academic services to students, is to act as an advocate for the academic needs of students, and to do so when there is a need for an objective face through which faculty and students may interact, while preserving the anonymity of the concerned student(s).
 - a. Please note that the APSA class representatives also act as an official communication channel to Faculty; however, for most issues the class representatives will always involve the VP Academic and APSA President for transparency of action through APSA and to enhance a coordinated effort.
2. **Participate in the Mid Course Feedback!** APSA is proud to be working closely with Faculty to officially implement the new Mid-Course Feedback (MCF) program. The MCF is a program that allows students to communicate feedback to the professor/course coordinator, at the mid-point of a course instead of simply at the end of a course. The MCF is currently a strictly voluntary program and professors may or may not implement this system in their course. As a student you may advocate for the MCF by both approaching faculty and asking if they would be willing to volunteer their course for the MCF program and if so, as a student, you may promote the advancement of quality education in Pharmacy by encouraging your peers to participate in the MCF by filling in the feedback in a constructive and timely manner - keeping in mind the power of positive thinking and the positive relationship we maintain with faculty to achieve better results. All feedback provided to the professor is anonymous and is screened to remove unprofessional language/tone and nonconstructive feedback by the APSA class representatives. Note that as students providing feedback to faculty in any situation, it is imperative that we always maintain professionalism and do our utmost to provide the most constructive feedback at all times.
3. **Academic Reports to the Dean!** On an annual basis (after the winter term), APSA provides a comprehensive academic report to the Dean, which encompasses both positive elements that the student body feels were done well academically as well as points of concern that may need attention for improvement. The academic report is compiled based on the feedback that is provided to APSA through student surveys as well as the feedback received by the VP Academic throughout the year.

These three modes of communication that APSA provides as a means for Pharmacy students to advocate for their academic needs, are in **addition** to the existing University services such as through the Student Ombudservice. Furthermore, students may still contact the Faculty with academic concerns personally if they do not feel that anonymity provided through APSA is necessary.

As we are continuously striving to improve our mandate to advocate for the student body, we welcome your feedback on the academic services that we provide you with. Please feel free to contact the VP Academic Peter Yang (ryang3@ualberta.ca) at any time. We look forward to another progressive year of advancing high quality pharmacy education!

To your success,

Ken Soong
President, APSA
ksoong@ualberta.ca



Dear Pharmacy Students,

Please be advised that a change has been made to the University of Alberta Calendar Section 143.3 concerning Academic Standing in the Faculty of Pharmacy and Pharmaceutical Sciences. **Effective starting in the 2013-2014 Calendar**, the minimum required GPA for students enrolled in Bachelor of Science in Pharmacy will be increased from **2.0 to 2.1 (see chart below)**.

This increase in minimum required GPA will specifically change Section 143.3.1 and 143.3.2 of the Calendar, which will have an impact on Promotion and Graduation. This change has been approved by the Faculty Council with the hope that a higher minimum GPA requirement will help to ensure competency and safe practice in Pharmacy students after graduation. Please note that several specialized programs do demand a higher minimum GPA than that required of Pharmacy students, such is the case in the Faculty of Science (See Section 193.1.2) where a minimum GPA of 2.3 is needed.

Current	Proposed
<p>143.3.1 BSc in Pharmacy, Academic Standing and Promotion (3) Promotion and/or Continuation c. A student who is awarded First-Class Standing or Satisfactory Standing, as defined below, will normally qualify for promotion: First-Class Standing: Awarded to an undergraduate student who obtains a GPA of 3.5 or above and passes all courses while enrolled in the full normal academic course load in that year (Year 1, *28.5; Year 2, *32; Year 3, *29.5). Note: First-Class Standing is not awarded in Year 4 given the limited number of graded units taken in that year. Satisfactory Standing: Awarded to a student who achieves a GPA of 2.0 or above if no course is failed. d. Conditional Standing: Assigned to a student who achieves a GPA of 2.0 or above but has failed one or more courses. e. Required to Withdraw: Any student failing to obtain a minimum GPA of 2.0 in any academic year is required to withdraw from the program. Such students are not normally readmitted to the program.</p> <p>143.3.2 Graduation (2) Academic Performance for Graduation Students must achieve Satisfactory Academic Standing in their final year of the program; present credit (CR or a minimum University of Alberta grade of D or equivalent) in all program requirements; and present a graduation average of at least 2.0. The graduation average is a cumulative measure of a student's grade points obtained while registered in the Faculty in all years and terms, including Spring/Summer. It is the quotient of (a) the total number of grade points earned by a student in courses credited to the degree and (b) the total weight of those courses.</p>	<p>143.3.1 BSc in Pharmacy, Academic Standing and Promotion (3) Promotion and/or Continuation c. A student who is awarded First-Class Standing or Satisfactory Standing, as defined below, will normally qualify for promotion: First-Class Standing: Awarded to an undergraduate student who obtains a GPA of 3.5 or above and passes all courses while enrolled in the full normal academic course load in that year (Year 1, *28.5; Year 2, *32; Year 3, *29.5). Note: First-Class Standing is not awarded in Year 4 given the limited number of graded units taken in that year. Satisfactory Standing: Awarded to a student who achieves a GPA of 2.1 or above if no course is failed. d. Conditional Standing: Assigned to a student who achieves a GPA of 2.1 or above but has failed one or more courses. e. Required to Withdraw: Any student failing to obtain a minimum GPA of 2.1 in any academic year is required to withdraw from the program. Such students are not normally readmitted to the program.</p> <p>143.3.2 Graduation (2) Academic Performance for Graduation Students must achieve Satisfactory Academic Standing in their final year of the program; present credit (CR or a minimum University of Alberta grade of D or equivalent) in all program requirements; and present a graduation average of at least 2.1. The graduation average is a cumulative measure of a student's grade points obtained while registered in the Faculty in all years and terms, including Spring/Summer. It is the quotient of (a) the total number of grade points earned by a student in courses credited to the degree and (b) the total weight of those courses.</p>

Please be aware that the change in minimum GPA requirement will not take effect until the next academic year (2013-2014). However, even though achieving a GPA of 2.0 for the 2012-2013 year may be minimally acceptable for continuing in the program, APSA recommends that you take the time now to prepare yourself to reach higher if you are sitting at the borderline.

The Faculty and APSA are committed to provide students with the best learning environment possible and to provide assistance to any students who are struggling academically. If you have any academic concerns or questions, I encourage you to talk to your Faculty Advisor, professors, or me, the VP Academic Peter (Ran) Yang.

Sincerely,

Peter (Ran) Yang
VP Academic, APSA
ryang3@ualberta.ca

CAPSI and Community Ed Update

Hello APSA!

As this semester starts to wrap up (half way through means almost wrapped up, right... right!?) and we begin to creep out from our study caves, it's time to start taking advantage of the opportunities presenting themselves to us! CAPSI will be holding their national elections on January 11, 2013 in Montreal, Quebec. There are 8 positions to fill for the year 2013-2014 and it is a great chance to get involved on a national level.



Keep an eye on your class announcements with additional details including descriptions of the positions, how to apply, and what is required for the application. You can also check out the website at www.capsi.ca. Applicants may submit their forms to Jereme, the CAPSI Senior representative, or Leah, the CAPSI Junior representative, up to 24 hours prior to the elections. Feel free to contact either of us if you have any questions.

Leah Stickel

CAPSI Junior

stickel@ualberta.ca

Hello there third and fourth years!

The Parkinson's Alberta Society is looking for some wonderful volunteers to present to their support groups all around the city. The already-made presentation is about the different medications used to treat Parkinson's and their side effects. We just started doing the presentations last year and the feedback from the group members has been nothing but positive! This is a great learning opportunity for you, as you will get to talk to PD patients, learn the strategies they have in taking their medications, and the interesting ways they deal with the side effects they experience.

When: Late fall, after Christmas

Locations: Sherwood Park, St. Albert, Kingsway, Edmonton North

If you are interested in presenting please email Jenny Carbon, Community Education Director, at carbon@ualberta.ca



CSHP Update



Hello Pharmers!

Hope you are doing well with school and enjoying the beautiful weather we are having so far!

Here is an update from myself informing you of what is happening with CSHP.

For those of you who are sign up for the student mentorship program here is some more information regarding the program.



Program Purpose: To provide CSHP-AB student members the opportunity to communicate with CSHP-AB pharmacist members on an informal basis. Students will have the opportunity to learn more about the career options available to them after graduation, increase their awareness of hospital practices and of issues currently facing the pharmacy profession."

Communication strategy: Once matched, students will be provided with the pharmacist's email address to contact them.

Suggested Activities:

- 1) Discussions regarding (including, but not limited to): career options, career pathways, postgraduate education opportunities, practice issues, and professional issues. These discussions may occur via email, telephone conversations or face-to-face meetings.
- 2) Site visits/job shadowing
- 3) Face-to-face meeting at conferences that both individuals are attending (CSHP Banff Seminar)

Suggested Starter Questions:

1. How did you choose your current position?
2. What did you need to do to get into the position you are in now (i.e. schooling, courses, starting positions)?
3. What do you find most rewarding about your current position?
4. What do you find most challenging about your current position?

Sheldon Chow (incoming CSHP-AB Student Representative)

Muna Shoblak (outgoing CSHP-AB Student Representative)



HSSA and Student-Led Initiatives Update

Hi Pharmacy Students!

HSSA is holding an Interprofessional Blood Drive this year from November 1-30, and the Faculty of Pharmacy is competing against 6 other faculties: Rehabilitation Medicine, Nutrition and Food Sciences, Medicine, Nursing Undergrad/Aftergrad, Medical Lab Science (MLS), and Dentistry/Dental Hygiene.

What many people don't know is that 1 blood donation can save up to 3 lives. Blood is needed for everything from hip replacements (2 donations) to organ transplant (1 liver transplant = 100 donations) to cancer treatments (leukemia = 8 donations per weekly treatment).

The winning faculty will be calculated by the highest percentage of the faculty that donates within the month of November, and the donors must sign in a binder in the refreshment area for his or her donation to be counted. Friends of pharmacy students may donate as well, giving us the possibility of getting over 100%.

To set up a group blood donation, please email me (Emily Yu) at ewyu@ualberta.ca or Joshua Torrance at jrt2@ualberta.ca

Cheers, Emily Yu, Interprofessional Director



Hello Pharmers,

This year, for the first time, pharmacy students will have access to a funding pool of \$1000 dedicated to any student-led initiatives!

If you are not on APSA Council, and you have a pharmacy-related idea that you would like to follow through with, we can help make it happen with this fund.

All you have to do is:

- 1) Let VP Student Services, Tara, know that you are interested in the Student Led Initiatives Fund.
- 2) Make a brief presentation to APSA council on the goals of your initiative, including a detailed breakdown of all expenses.
- 3) Make it happen! Keep your receipts and submit them to the VP Finance or VP Student Services to be reimbursed.

The sky's the limit! If you want to provide a service for pharmacy students, promote pharmacy around campus, or involve pharmacy students in a greater cause, the Student-Led Initiatives Funding Pool can help get you there. Take advantage of this novel opportunity and help make your pharmacy experience awesome!

For more information contact your VP Student Services, Tara Leong, at taleong@ualberta.ca.

THIS POSTER WILL BE SEEN BY 500 PEOPLE.
IF THAT MANY PEOPLE GAVE BLOOD, 100 PATIENTS COULD RECEIVE CANCER TREATMENT.


HSSA 30 Day Blood Donor Challenge!
November 1 - 30, 2012

7 Faculties -- only one will have the most donors, but in the end the winner will be all the lives you save!

Canadian Blood Services
8249 - 114 Street

Monday - Friday	9:00 am - 1:00 pm 3:30 pm - 7:30 pm
Saturday	8:00 am - 2:00 pm

Book your appointment to save a life.
online: www.blood.ca
phone: 1 888 2 DONATE (1-888-236-6283)


Canadian Blood Services
it's in you to give

WWW.BLOOD.CA 1 888 2 DONATE



Mr. Pharmacy



November is upon us, which can mean only one thing: it is time to grow some facial hair! For those new to the Faculty, student pharmacists take Movember quite seriously. For the entire

month students will be growing out their moustaches in support of Prostate Cancer Canada and its noble goal of supporting those affected by Prostate Cancer. Prostate cancer is the most common cancer in Canadian men with more than 26,500 being affected each year.

After all the hard work put in by the students, we like to celebrate with a bang! That bang of course is Mr. Pharmacy! This year we have eight brave contestants who will put everything on the line for the crown of Mr. Pharmacy. Mr. Pharmacy is much like a beauty pageant, with



far higher levels of testosterone and Y-chromosomes. These males will be judged in various categories like "Professional Wear" and "Pill Counting", all for your viewing pleasure. You can expect plenty of surprises and good times at this event, so make sure you come out. All profits from the event go directly to Prostate Cancer Canada, so you can have a good time and support a great cause!

Mr. Pharmacy 2012 will be held at the Myer Horowitz Theatre in SUB on November 26, 2012. The event will start at 7 PM. Tickets will be on sale during APSA office hours throughout the month of November.

Last year's male beauty pageant raised over 11,000 dollars for prostate cancer and the 2012 edition is likely to match or exceed this target. Mr. Pharmacy is typically packed and this year should be no exception. Especially considering that the allure of this year's event will be supplied by **Amit Sahnan (2013), Brandon Parsons (2013), Mark Cheung (2014), Bryan Schamber (2014), Eliezer Chin (2015), Clayton Juss (2015), Dan Burton (2016), and James Frobb (2016).**

If last year's event is any indication, this year's event should be unpredictably entertaining. Perhaps someone will put on their dancing shoes? Maybe even all of them! (I bet they look good on the dance floor) Perhaps there will be a (reckless) serenade? Who knows?



And of course APSA, and by APSA I mean Josh Torrance (VP External), have been hard at working planning what is sure to be another excellent night. **With that, there is nothing left to do but find a date, tend to your mustache and meet the candidates.**

Unfortunately, the 2013's are too busy to submit an interview.

Josh Torrance and Chris Chen

Mark Cheung,

Class of 2014



Who is the most annoying Mr.Pharmacy candidate?

I have to say Bryan's pretty annoying. I am in the same fantasy hockey league as him, and while we were drafting our players this summer, he kept on grabbing the players that I wanted. Like come on, who is Carey Price (who I have) without his favourite partner, PK Subban?

What is your favourite Mr.Pharmacy moment from the past two years?

This one is kind of funny. It was during the inaugural Mr. Pharmacy and there were door prizes at this event. I remember signing in with a group of ~10 friends, and we all got sequential raffle tickets. When Greg, the MC, drew the winning raffle number for the Blue and Gold tickets, it went unclaimed. All of my friends were confused because the number Greg had called out was right between the numbers they had, so they knew one of our group of ~10 had won. However, I was in such an altered state of mind, I didn't bother checking my raffle ticket as I was having so much fun watching my friends scramble and wonder who had the winning ticket. Well, I guess the joke was on me, because when I finally decided to check my ticket in my pocket, I had the winning number. Unfortunately, Greg

had already called out another number in that awkward 30 second silence when the prize was unclaimed and my friends proceeded to call me 702206 for the next week.

Who is your favourite musical artist?

I have a soft spot for Kelly Clarkson in my heart. Don't ask.

Who is your heroine, not hero, I mean female?

Anne Hathaway - Catwoman, 'nuff said.

If you were to start a band, who would be in it?

Why start a band when I can go solo? Honestly though, I can see myself going platinum with acoustic love songs.

Why should a girl go out with you?

I am single and I sport a unilateral dimple with a killer smile to boot. (1)

Why is Mr.Pharmacy an important event?

I believe this event is important because it raises awareness for prostate cancer. Prostate cancer has the highest incidence rate among cancers occurring in males in Canada, and is the third leading cause of death due to cancer in Canada. However much money and awareness we can raise will definitely help towards supporting those who have/may be diagnosed with this disease.

What type of people do you dislike?

I really dislike people who back out of commitments. If you are going to talk the talk, at least walk the walk.

Why are you going to win this event?

I am the underdog....and who doesn't like cheering for an underdog victory?

Why didn't Chris Chen get nominated?

Who is Chris Chen?

(1) And they do boot it. (footnote by Chris Chen)

Bryan Schamber, Class of 2014



What is the coolest thing you own?

A Wilson costume.

Sum up your personality in 1 phrase?

NOT Gangnam style.

Who is the most annoying Mr.Pharmacy candidate?

Mark Cheung for sure. Buddy chirps my fantasy hockey team all the time, and yet he has Kesler, Bergeron, Steen and RNH as his centers. COME ON-I know haemophiliacs that sustain less injuries over a season.

What is your favourite Mr.Pharmacy moment from the past two years?

Richard Cao's abs.

If you could have any piece of Mr.Pharmacy memorabilia what would it be?

Richard Cao's abs.

Favourite book and movie and why?

Favourite book: Catch 22. Joseph Heller's writing style is sublime

Favourite movie: Memento. Strangely, both of these are

structured in a weird out of sequence way where you sort of have to piece together events; I guess I love things that confuse me.

Favourite musical artist?

1D baby!

Who is your heroine?

I'm a big fan of black tar heroin. Ohh.. heroine? My aunt-she survived terminal lymphoma. She's pretty badass.

If you were to start a band, who would be in it, what genre would you play and why?

First of all, it wouldn't be a band, it would be a rap crew. I would use the stage name Diabeatz. I'd have Lil Jon yelling "HOKAYYY!" annoyingly throughout all of our songs. Snor-lax, a man named Bruce, Lamb Chop, the Fraggles, the New Zealand All Blacks, Tyrion Lannister, Hippocrates, Barney (Rubble, Gumble, Stinson AND the Dinosaur), and Weird Al Yankovic would form the rest of the crew.

Our first single, "I Put the Ace in Acebutolol" will have Michael Bolton dropping big, sexy hooks that everyone will really dig. Also we will probably feature Dr. Löbenberg dropping dope verses on some of our tracks- you KNOW he has sick flow.

Why should a girl go out with you?

I'm in a fantasy hockey league... girls really like that right? RIGHT!?!

Why is Mr.Pharmacy an important event?

There are some 10 year-olds that grow better moustaches than I do, so I mean there is only really one way for me to raise money for prostate cancer.

Why didn't Chris Chen get nominated?

Mr. Pharmacy is just a little too mainstream for his liking; he was doing male beauty pageants BEFORE it was cool (2). Even if Chris Chen did get nominated, the point is moot. Also, no one likes a guy that wears too many cardigans.

(2) It's true, I was Western Canadian Toddler of the year in 1993. (footnote by Chris Chen)

Clayton Juss, Class of 2015

What is the coolest thing you own?

My horse or my motorcycle

Who is the most annoying Mr.Pharmacy candidate?

This is definitely Eliezer Chin. He is like the gangman style guy, at first he is kind of funny and entertaining, but you get sick of him really fast. Also he is constantly asking if he can rub oil on me...so weird

Sum up your personality in 1 phrase?

Awesome with a touch of humility

What do you look for in a girlfriend?

Someone who I can see myself being best friends with

Favourite book and why?

Pulp Fiction because the dialogue is amazing, and The Notebook because every so often you just need a good cry.

What is your biggest asset as a Mr. Pharmacy contestant?

A combinations of my biceps, wit, and charm

If you could perform any song live as well as the original artist, what song would it be?

Damn it Feels Good to be a Gangsta with the Geto Boys

Who is your heroine?

Obviously my mom, she da bomb

What is the most interesting thing about you?

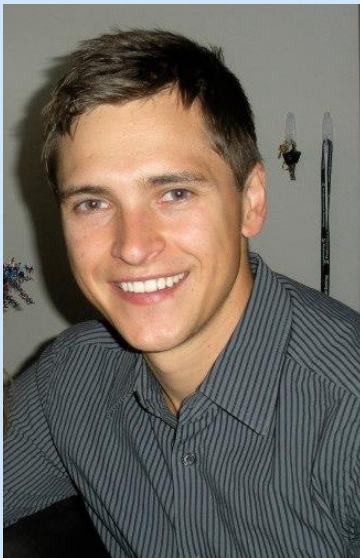
I am fluent in Spanish

If you were to start a band, who would be in it,?

Me and Justin Bieber

Why should a girl go out with you?

I am all man on the outside but a kitten at heart



Eliezer Chin, Class of 2015

What is the coolest thing you own?

A full sized VAN – an '88 GMC Safari, yeah baby. Seats 7 comfortably

Sum up your personality in 1 phrase?

Lone wolf in a wolfpack of one

Who is the most annoying Mr.Pharmacy candidate?

Clayton Juss. Wait till you meet him, he will remind you of Jeff Winger from the smug smart aleck remarks to the faux messy hair

What is your favourite Mr.Pharmacy moment from the past two years?

The wild and shameless catcalls as Richard's shirt flew off. Sometimes I dream that they are crying out my name.

Favourite Book and/or movie and why?

Harold and Kumar Go To White Castle, because you need to wind down to something ridiculous every once in awhile

If you could perform a song with any artist, what song would it be?

Jammin with Bob Marley. The cred for being able to say you 'jammed' with Bob would be amazing.

Who is your heroine?

Marie Curie because she coined the term radioactivity

Why should a girl go out with you?

I don't bite until the third date.

Why is Mr.Pharmacy an important event?

There is plenty of healthy prostate karma to be had by all males, and females involved!

Genie gives you one wish, what do you ask for?

A room full of balloons and a pellet gun. Hello, Bloons in real life!

Why are you going to win this event?

Brains and brawn, in the right amounts. Also, I'm taller than Jeff Winger.

Why didn't Chris Chen get nominated?

Because Chris is actually a Nice Guy. See: youtube



James Frobb, Class of 2016

What is the coolest thing you own?

A 1968 Mason and Risch upright piano

Sum up your personality in 1 phrase.

Subjectively funny and outgoing. Bitter, yet sweet. Single.

Who is the most annoying Mr. Pharmacy candidate?

Obviously Dan. I thought you were only supposed to wear Superman muscle outfits during Halloween

Favourite movie:

Dumb and Dumber hands down. "Big Gulps huh? Well... See ya later!"

Favourite song?

Hráč by the Czech band Turbo



Who is your heroine?

My Mom. That lady is as fast as a whip, as strong as an ox, and the most caring human being I have ever met. She also has her B. Sc. Pharm from the U of A!

What is the most interesting thing about you?

I can play the piano, vocal chords, and guitar. In May, I sang with the National Youth Choir in ON and PQ.

If you were to start a band, who would be in it?

Vocals - Sam Roberts

Piano - Elton John

Guitar - Jimmy Page

Guitar- Kevin Eubanks

Drums - Animal

Bass - Me (it's the only way I could keep up)

Cello - Yo Yo Ma

Why should a girl go out with you?

My ability to serenade a woman dear to my heart is only the beginning. I am generally well-mannered, polite, and most importantly, a caring and nurturing human being. Also, I now have that ever-so-elusive Future Earning Potential (FEP) that women in post-secondary most desperately crave!

What type of people do you dislike?

People that: lack social awareness, don't tip, wear Uggs, wear UFC gear, volunteer for their resume's sake, or preach religion, to name a few...

Why are you going to win this event?

I will have the most fun and therefore, by default, will be the winner.

Why didn't Chris Chen get nominated?

Let's be rational. Mr. Pharmacy has always fallen on the same date as the National Mathlete Competition. Can't win 'em all, eh Chris?(3)

Favourite Quote: "Take life seriously, but don't take yourself seriously." - Anonymous



Dan Burton,

Class of 2016

What is the coolest thing you own?

A bottle of pure unopened Ouzo (Sambuca) straight from Greece, the really thick stuff. I think tastes like varathane, but the Greeks love it!

Sum up your personality in 1 phrase.

A nice guy that needs to learn he sometimes should shut his mouth!

Who is the most annoying Mr. Pharmacy candidate?

Definitely me, like I said I need to learn how to shut up sometimes. I tend to say what is on my mind far too often and it has gotten me into trouble from time to time



Favourite movie and why?

Jurassic Park, the first one of course. It terrified me as a child and still scares me today. I'm even willing to admit I will never watch it alone! If I'm going to get possibly torn apart and killed by a T-Rex, I better have someone to die with me.

Favourite musical artist

Justin Bieber. Although no one will believe me but it is not because I like him or his music, you can ask my mother! I would want to be like be Justin because that little punk is set for life. He sang a song on YouTube, became world famous, he is half my age and will make more money in year than I will make in my entire lifetime.....

Who is your heroine?

Tough call....I would have to go with Mila Kunis. I didn't think much of her in 'That 70's Show' but she gave a star

studded *cough, cough* performance in Black Swan! I think most of the gentlemen will agree with me, she is just an amazing actress

What is the most interesting thing about you?

I spent some time thinking about this one. I found myself trying to think of something that I thought OTHER people would find interesting. I realized that was kind of silly, and that I needed to focus on something that I found interesting about myself, instead of trying to impress people because in all actuality my life isn't super interesting haha. I couldn't narrow it down to one single interesting thing, so I came up with a couple interesting/weird things about myself. 1) I find cleaning my basement suite therapeutic, I don't why but there is something calming about it. If I leave it for more than a week it drives me a little crazy. 2) I hope to one day compete in bodybuilding show, you know get all oiled and tanned up and flex my muscles in front of people haha. Just one item on the ol' bucket list. 3) My biggest pet peeve is people who stand on the walking side of the escalator. It's 8am in the morning I am cranky, I haven't had coffee, and I have to get class because I'm late as per usual, "Get outta my way!".

Why should a girl go out with you?

I'm nice and my place is always clean....?

Why is Mr. Pharmacy an important event?

It's for prostate cancer, obviously! If I ever develop this horrible condition, I'm going to be so glad fundraisers like this are in place, to raise money for a cure!

Genie gives you one wish, what do you ask for?

To keep me alive long enough so I can accomplish all my goals, and of course World Peace.....

What type of people do you dislike?

The Debbie Downers of the World! Cheer up, life ain't so bad and if you don't like something go out and make a change!

Why are you going to win this event?

Well, hopefully after reading this little masterpiece, the judges will just feel sorry for me and simply give it to me! haha

Interviews conducted by Chris Chen

Don't Eat the Burbot



Have you ever driven by Moose Lake on the west side of Jasper? If you have, I am certain you remember it. It stretches for numerous kilometers along the roadside and its hard not to admire its dancing waters with the sparkling gleam of sunlight on its surface. The color of the water is such a beautiful, fresh blue and the marshes along its length are lush with birdlife and greenery. Such a beautiful lake... it's almost certain that it must be one of the healthiest lakes in Alberta!



But things aren't always as they seem... Let us look deeper past the twinkling surface... past the upper layer that gives life to all sorts of phytoplankton, past the middle layer where the temperature shifts, down to the bottom of the lake rich in sediment and bottom dwelling fish. Oh, I see it! That eel-like fish with a single chin barbel with that easy-to-remember latin name *Lota lota*. The burbot. Yes, this bottom-dweller is what I want to talk about today and, don't worry, I will relate it to pharmacy!

You may have heard of people taking fish oil pills for their skin or their hair or for their heart health. In some cases, these fish oil pills can be made from oils extracted from the burbot liver. In the 1920s, a Minnesota druggist by the name of Theodore H. Rowell along with his fisherman father discovered that burbot liver has 3 to 4 times the potency in Vitamin D and 4 to 10 times Vitamin A than the high quality cod-liver oil. They also discovered that the liver in burbot makes up a larger portion of the fishes' body weight and is around 6 times the size of the livers of other freshwater fish in similar size!!! What else did they find out? Burbot liver oil is lower in viscosity than other fish oils and more easily absorbed. After these discoveries, Ted founded what is today a subsidiary of Solvay Pharmaceuticals of Brussel, Belgium called Rowell Laboratories Inc. and began manufacturing and distributing burbot liver oil products.

Now, how does this relate to Moose Lake? Well, Moose Lake is well known for its burbot population, especially for the massive size of the fish. But have you ever heard anyone say "don't eat the burbot from Moose Lake?" Well, probably not. But I am telling you today! According to a well renowned Conservation Biologist from the University of Northern British Columbia, the livers of the burbot in fish lake contain high concentrations of organochlorine pesticides, such as DDT. Their larger liver means high accumulation of toxic fat-soluble substances such as DDT, which has a very long half-life! Now, how could this be? Moose Lake is all by itself way up by Jasper... Well, back many years ago the Southern United States used to use these pesticides on their crops. The wonderful water cycle of evaporation, wind, and precipitation brought the lovely DDT toxin over to our neck of the woods. With the pesticide seeping into the waters of Moose Lake, the burbot livers became contaminated.

So, for any of you pharmacy students who are wanting to start a company selling burbot liver oil, I recommend that you avoid Moose Lake as a site of harvesting! Which would be impossible anyways, since it is under provincial park protection. Regardless, this is just another example of how the environment can influence the health of organisms living in it and things aren't always as "healthy" and "pristine" as they look. So my words of advice again, don't eat the burbot from Moose Lake! And if you ever run into some weird "House" medical case where someone ate burbot liver... you might want to consider this article.

Laura Coleman, 2nd Year Pharmacy and President-elect



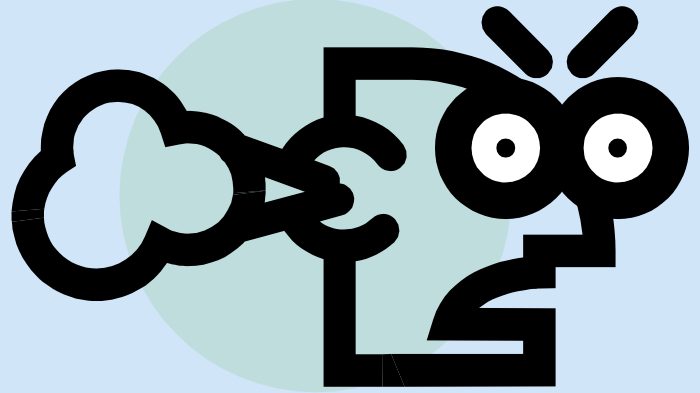
The Upset Pharmacy Student :(

So the first month of school has gone by and I was actually starting to think that this year isn't turning out as bad as I had originally thought! I mean after going through second year with an exam EVERY week and tons of labs on top of that, third year seems to be a piece of cake! I spoke too soon! After coming back and getting settled in our usual DP lecture theatres, the construction in Medical Sciences FINALLY finished and our classes all got switched over to these "new and improved" lecture rooms. And did I mention how us pharmacy students have been told that we would be moving into these new buildings before the class of 2014 even started first year? Well now we have finally moved into these new rooms and don't let the big



comfy chairs fool you! For starters, the rows are sooo close together that you practically fall off the little ledge every time you try to walk by someone! Only one screen seems to work most of the time and the new microphones cut in and out continuously which makes it impossible to listen since it sounds like the lecturers are shouting then whispering then shouting. New and improved technology? That is questionable.

And then there was the switching classrooms with the second years in between Infectious Diseases and Neurology. Have you ever seen 250 students try to switch classrooms that are right across the hall from each other? Pretty much a standstill... it felt like salmon swimming upstream! Thank goodness that got fixed and we are now able to stay in the same classroom for the entire time. But now that the classroom situation is settled, after looking at



my schedule I have realized that instead of giving us one exam every week they have decided to give us a break but then cram them together. Not only do we have 2 assignments due but we also have 3 midterms within 8 days of each other! I guess I should have started studying for Infectious Diseases months ago, maybe even before classes started, if I ever plan on learning all of those gram positive and negative bacteria, plus those cephalosporins; cefixime, cefuroxime, cephalexin, cefazolin, ceph something or other..... they all sound the same! Just something to look forward to for next year class of 2015!

On that note, I should probably stop ranting and actually start studying if I have any chance to pass that course. It sure is a good thing that Dr. Mitchell is an extremely nice professor or else I'm quite sure ID would be unbearable! Good luck on midterms everyone.....

-Heber and Patrick and Amber Thistle



The Happy Pharmacy Student :)



Well moving to the new buildings is better late than never! It sure is nice to be settled into the new classrooms in MedSci and yes the chairs are really comfortable! And once we discovered that we were simply switching classrooms across the hall with the second years for our second class on Tues/Thurs, the people who

book classrooms were kind enough to switch it up for us so that we no longer had to move. Also, I really don't think there is anything wrong with our schedule. Whether you have one exam in a week or two in the week you are going to be studying anyways. In fact it is quite nice to have the break week, especially with the deadline for our big business projects looming!

Now, I mentioned last time that I was looking forward to ID and it hasn't disappointed, especially with Dr. Mitchell as the professor. I'll give it to the upset pharmacy student that the content of the course can be a little confusing... but once you sort through all the "ceph something or others" and get the material down pat it is actually very rewarding! Just makes me want to get out there and push antimicrobial stewardship to the next level!

If you recall last article, the upset pharmacy student made a comment about Professor Pasay's skills lab courses... well I just wanted to say that after the first few weeks of Pharm 430 boy do we ever owe a round of applause to Prof Pasay and any/all other individuals who have been involved in updating and improving those courses. After only 2 skills labs us third years have seen so much improvement on what we went through in Pharm 330. I have heard lots of great feedback from my classmates regarding the labs so far and I know that I have enjoyed



them much more this year already. Thanks so much to Prof Pasay for all the hard work put in to make this class more enjoyable and meaningful for us!

So to finish off, I really do feel as though third year is something to look forward to for the classes of 2015, 2016, and so on. Don't worry you WILL get through Toastmasters, Communications, Cardiology, and 330 skills labs, and move on to third year... which is quite possibly the best year yet!!!

-Stephanie Crooks (SC)



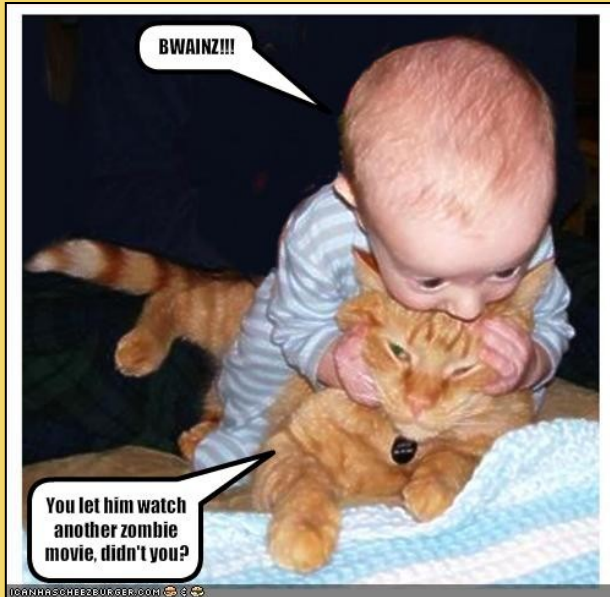
November PQ Wellness Column

Greetings nerdlings!

"A good laugh and a long sleep are the best cures in the doctor's book." ~Irish Proverb

School getting you down? Take a minute to relax and enjoy life.

Step 1) Google "funny photos" - you will not be disappointed!



Step 3) Go to 1000awesomethings.com - appreciate the little things.

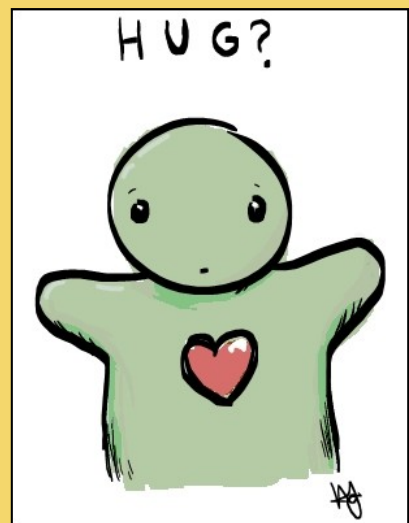


Step 2) Visit the site: cheermeup.net - play with the cat, watch dinosaur videos.



Step 4) Come give Jessica and Tara a hug!

We hope you found something to smile about! Until next time, Jess and Tara Wellness Committee



"You and Me Cuisine" - a delectable diner in downtown LA

This small, humble hole-in-the-wall restaurant can be easily missed driving through Koreatown in Los Angeles. My wife and I took a trip to LA this summer and literally ate our way through the city. It was a culinary feast of flavors, with Korean, Mexican, and Cajun food being our favorites.



You and Me Cuisine is super low key, homey, and the food is like your momma made it. However if you're looking for tasty and filling Korean comfort food, this is it. Their prices are extremely reasonable with epic huge portions. The owners are very friendly and their sons (who are the waiters) are also very nice and helpful. All the food items have visuals on the wall.

We tried the Ddukbokki (spicy rice cake) and the Bulgogi (bbq beef & vegetables on rice), the fried dumplings, and the meal also came with an assortment of complimentary pickled vegetables and kimchi. The Ddukbokki's cylindrical rice cakes were wonderfully flavored in the spicy gochujang sauce. The bulgogi was perfectly



marinated and tender with crisp vegetables. The fried dumplings are second to none and their pickled vegetables were a superb addition to our feast.

What can we say but it was fantastic, memorable, and one of the tastiest Korean restaurants we've ever eaten at! We were still raving about it weeks after our trip. If you're ever in LA, this would be THE place to grab a bite for authentic Korean food!

Cheers,

Ken Soong, Third Year Pharmacy Student and APSA President

Montreal - une ville sans pareille

As you are all aware, CAPSI's Professional Development Week is coming in a few months, and those of you who are going this year would have received your notifications by now and have made your travel and social plans. Congratulations!



And to those who didn't get on the list, I really hope you have the chance to visit at some point in your professional career. It's an unmistakable and unique city. Allow me to ramble a bit about some of my personal experiences in this city, through which I hope it will help you to know Montreal like I do.

When I first moved to Montreal in 2004, I actually didn't enjoy it much at first. I found it confusing and haphazard. The first night I arrived I needed to purchase a weekly metro pass, as there was one week left in January. In order to do this, I had to take the bus from our apartment, stop at the grocery store and buy something and get "extra cash" since they only take cash at the Metro station and there was no bank branch near my place, then walk to the metro station and purchase the passes. The whole trip took over an hour in -30C weather. Likewise, my husband who arrived a week before me had a rude introduction. Until the moving truck arrived he was able to stay with my employer at his house in the West Island. If you know Montreal like I do, you know the words "bus" and "West Island" will make anyone cringe. He ended getting off at the wrong stop, about 1km away from the next stop, on the trans-Canada highway, in the dark, in -30C weather. Since the bus only came every 30 minutes or so, he had to walk to the next stop, over the overpass and find the right house. He's pretty sure he got frostbite from that. Welcome to Montreal eh! The confusion and discontent continued for the first year at least, although it did fade as the city worked its charms on us. One thing that became clear is that it's a city that cannot be easily described in a sentence or even a single paragraph (or so I say in attempt to justify the length of this article...)

Part of our initial discontent was due to the place we moved first. Our first apartment was a little crazy. There was only washer and drier in the building and the drier was so bad it took 2 hours to completely dry a load of laundry, the floors of the apartment were crooked due to shifting of the building, and the large volume of traffic outside on the street was incredibly loud. It shook the building so much that it would loosen the light bulbs from our lamps and the lampshade of the overhead light actually unscrewed and fell on our kitchen table one morning (fortunately not while we were sitting at it). Then one day I came home from work to find a whole bunch of people in my apartment installing an "emergency drain" in the roof above our apartment since water was collecting on the roof and damaging the building. "Sorry, I couldn't reach you and it was an emergency" said the caretaker as an explanation on why this happened without our knowledge. Fine, we thought, but we didn't sign up for having the drainage pipe in our apartment when we signed our lease... Fortunately by this point we had already made plans to move to another apartment, so we just waited it out while they sealed the hole in the roof, installed a pipe that ran along the ceiling of the living room and bedroom and connected to the drainage pipe in the bathroom (in which they had to knock a huge hole in the wall).

The second apartment we had was much better and more like what you picture when you see movies about cities like New York or Chicago (or Montreal, of course). We found a lovely apartment in a building from the 1920's with stores on the main floor. Our apartment was above a bakery - it was awesome. We could smell it when he was baking chocolate croissants a few times a week. In the next building over there was a pub which regularly alternated between a sports bar and a Korean restaurant but always had amazing food made by the same cook. The view from the apartment was gorgeous, something that is never a guarantee in a large city. Typically, the month after we moved in we also discovered that I was pregnant. As we planned for this major change in our lives, we tried to rearrange our two bedroom apartment in multiple ways, but it was impossible to make it work. This combined with the fact that the varnish on the flooring was chipping off continually (not a good thing for crawling babies, as you could imagine), we were forced to find another apartment. Still, living there was one of the best aspects of Montreal and it was an unforgettable experience.

Our third apartment was decent, not as nice as the one above the bakery, but at least it had three rooms and still close to the metro. By this point at we had a car, so it is only fitting that I talk briefly about parking in Montreal. In some neighbourhoods (i.e. Westmount), they licence parking spots and control the availability, thus ensuring enough. Other neighbourhoods, such as the one we lived in, it was more like "take what you can get". It's something in the summer and a whole other story in the winter. Honestly parking on our street when wet snow that's 2 feet high in -27C weather is one of the LEAST favourite memories that I have of Montreal. I remember one evening just before Christmas we decided to go to the market to get a Christmas tree. When we got back, of course, all the parking spots had been taken. It was the day that our street was to be plowed (Montreal has the largest snow removal budget of North America at least, maybe even the world ... they try to have the snow cleared 2 days after each major snowfall at the latest, and sometimes this would happen 3 times a week), which meant there was parking only available on one side. Or not available, as the case may be. Evelyn was about a year and a half old and was



ready for her bedtime bottle of milk. I remember her saying "Milk ... milk ... MILK, MILKMKKMKKMKKMKKMKK!!!" as we drove and drove and drove without success. Finally we found a spot that wasn't really big enough for our car, but we parked our best in it anyway and hoped it didn't get hit by the snow plow as it was sticking out at an angle (luckily, it didn't). Merry Christmas.

One thing about Montreal that makes it so unique is that each neighbourhood has a different resident population, flavour, and feel to it. For example, the neighbourhood where I lived contained a good

number of Anglos, Koreans Polish and Russians (ask me about my experience at the hair salon run by the Russian ladies sometime). A friend of mine lived further East and her neighbourhood was predominantly Middle Eastern and Greek, with Little Italy bordering it on the west. And it goes without saying that Montreal has a migratory population of students, a solid population base of francophone residents, and has a unique sector of Jewish residents which happened to be near one of the places we lived. (We got used to going to Glatt Kosher delis followed by visiting the fruit store down the street run by a guy from Iran.) Remember when we learned about how "Canada is a mosaic, not a melting pot" in junior high? It's very clearly demonstrated in Montreal. There's also something special about learning the human cartography of a city, which is an experience that cannot be learned from reading a map or a guidebook.

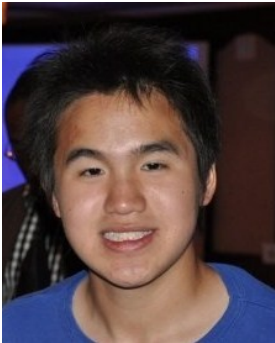
I read a blog recently by an Anglo-Jewish resident, written in decent French for a French language newspaper, about how Montreal is the kind of city that gets under your skin - along with an insightful commentary on the unending "language issue". There are some parts about Montreal you just *detest* (when the Metro goes down, parking in the winter as described above, waiting in line for the bus, watching that bus drive by without stopping because it is already full...) but still, despite all of those things, it draws you. This is what keeps people living in amazing cities like Montreal, and this is why I can't wait to get back, even just for a quick trip in January, and maybe, just maybe, for a job...? SVP??

So I hope you have a great time exploring and visiting this amazing place, whether at PDW this year or in the future when you visit (when, not if!). Just step back and take it in. Don't stay in your hotel the whole time and don't ... how shall I say this ... don't focus on partying so much that you are not able to go out for dinner, breakfast, or a walk in the Old Port or the mountain in your free time. And now, because I am a mother, I will end by reminding you to bring warm clothing as it is VERY, very cold in the winter and it's a cold that cuts right through your jacket due to the humidity and the wind. I thought I knew cold living in Alberta my whole life ... until I moved east. Stay warm and have fun!

Karen Hagan, Third Year Pharmacy student

PHARMESPAN— Sports Debates

Will the NHL Start this Season?



Mark: I am an optimist and I do believe we will be watching some NHL hockey this year. A deal will be struck just before the cancellation of the Winter Classic deadline. There is just too much advertising and marketing

involved in that one particular outdoor game.

Especially because it's between two teams with the richest history (Detroit Red Wings & Toronto Maple Leafs), I can't imagine the NHL wanting to lose all the revenue that could be generated from this game. It's slated to be held at Michigan State Stadium which can accommodate in excess of 100 000 people, and the corporate and network deals that the NHL have signed will be lost. If you think Bettman has little hair now, wait until you watch him on the podium canceling the Winter Classic. I really hope he sheds if that's the case, because I am a big fan of the game. If nothing gets settled by this point, I agree with Vince, no NHL this year.

Vincent: I personally do not think we will have an NHL season. The negotiations have been such a mess that, as Bob Mckenzie says, it is going to get "fugly". I do not necessarily put fault di-

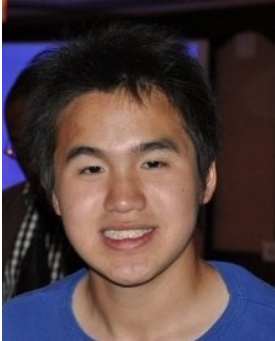


rectly on Bettman and the NHL, but also on Fehr and the NHLPA. First off, they could have started this process so much earlier, but now having lost a month of hockey, they are both playing the game of who flinches first. The NHL made a "good" proposal in their eyes, but if you looked at that deal, it was nothing spectacular. It was a huge PR move stating it was 50/50, but it was not addressing many issues. At the same time, the players made three decent counter proposals that would reach the end goal of 50/50 and it was during these last negotiations that I lose faith as a fan. The league reviewed three counter proposals in 10 minutes. I can hardly believe that the NHL was ready to budge from their initial proposal... I can't even read half my lecture notes in 10 minutes, let alone three proposals with the fate of the league at hand. Regardless, this is not negotiation in good faith. The owners do not care to budge from their stance and the players have a power hungry Donald Fehr at the helm. I do agree that the players were burned last time in 04/05, but with Fehr leading the charge, the players will not give in again. The result... no NHL this year.



PHARMESPAN – Sports Debates

Lance Armstrong against the Anti-Doping agency. Do you think it was a fair ruling?

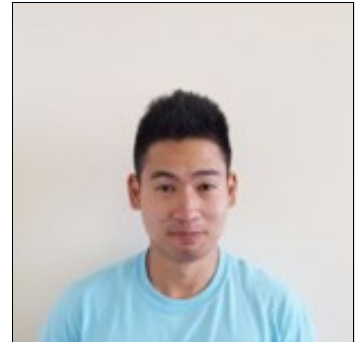


Mark: I have to agree with Vince on this topic. Armstrong has done so much more than just cycle. He has actually used his athlete status in a positive manner to develop a very successful foundation. He

devoted time and founded the LIVESTRONG foundation to raise cancer awareness as well as raise money for cancer research. On top of that, Armstrong himself was a cancer survivor, so just imagine how many kids and adults idolized Armstrong and used him as an inspiration in their fight against cancer. Sure, take away his titles for 'cheating', but why ruin his legacy.



Vincent: I agree that up-keeping fairness in sports is important but was a public shaming and ripping everything this man has done to shreds fair? Banning a man from a sport is one thing but destroying the



Livestrong foundation is another. Technically, he has never tested positive... Now there is evidence of his teammates warning him about the tests and IV saline to test negative but it comes down to the fact he has not tested positive to date. If hearsay can implicate a man, baseball might not have any players left. Well that was a bit mean, but my point is that if you want to take his titles away fine, but do not take away and sully everything he has done. The man battled with cancer and has raised hundreds of millions for cancer awareness. Find me another athlete who has done anything near that.



PHARMESPN – Sports Debates

The Sports Bullet Round!!

Do the Raptors make the playoffs?

V: No

M: No

Does Jeremy Lin have a good season with Houston?

V: I think he does as long as he limits his turnovers. Houston will be his team compared to NYK where Melo runs everything.

M: Lin took the NBA by storm last year, and started the whole “Linsanity” craze. Will be decent statistically, but expectations are set way too high.

NBA champs?

V: Miami Heat

M: Oklahoma City Thunder

Does A-Rod get traded from the Yankees?

V: Yes

M: Yes, ‘K’-Rod will be traded

Jyles, Joseph, or Nichols?

V: Ricky Ray

M: Tillman made a mistake. Ricky Ray has been the best QB we’ve had in the past 10 years.

CFL Grey Cup winners?

V: BC Lions if Lulay stays healthy

M: BC Lions are too good

Which prof would you most likely see at an Oilers game?

V: I think Dr. Seubert

M: Dr. Sanghera

NHL calder who wins it next season?

V: Vladimir Tarasenko

M: Mikael Granlund

Pierre McGuire or Craig Button?

V: Neither I am a better mock drafter than them

M: McGuire. This guy provides so many comedic moments. If you haven’t seen, youtube Hal Gill big stick, and the famous “Double-Dion”.

Better Captain? Moreau or Horcoff?

V: Very torn on this one. Horcoff is too busy stealing Yakupov’s number forcing him to 64... But apart from that, Horcoff is a better captain than Moreau. Lead by example just a poor contract.

M: Horcoff because he is actually a useful hockey player.

AHL or KHL?

V: KHL

M: KHL

Cross or Ulanov?

V: Ulanov all day everyday

M: Igor Ulanov. Too much heart.

What are you watching without NHL hockey?

V: Nothing... just crying myself to sleep with the TV on the MLB playoffs

M: Grey’s Anatomy

Grier or Laraque?

V: Big Georges. Knew his role and a great guy in the community.

M: Mike Grier. I remember watching him when I was 8, hardest working 3rd liner out there.

Which recent Oilers first rounder would you take in a fantasy draft?

V: I want to say Yakupov but I think I have to take Eberle

M: Nuge because he actually took a picture with me.

Mark Cheung, Third Year Pharmacy Student

Vincent Ha, Third Year Pharmacy Student

-(and Male Sports Representative)

Cooking with a Pharmacy Student

Cooking is usually the first thing out the door when I am short on time and need to study *etc.* I finally have a collection of quick, easy, and healthy recipes in my sleeves. Each month I will share one of my favourites with you. Here is this month's favourite!

Spicy Tofu "Chicken" Fingers

Ingredients:

- a brick of tofu, firm or extra firm
- bbq sauce
- bread crumbs
- chili powder
- cayenne pepper

1. Press the tofu: remove the brick from its container and place it on paper towel. Wrap 3 or 4 sheets of paper towel around it. Put a small plate with a weight on it – canned beans and such are the perfect weight for this. Pressing the tofu will remove all excess liquid and allow the tofu to pick up the flavor of any marinade or sauce.
2. Cut the tofu in slices.
3. Pour bbq sauce in a small plate. Mix bread crumbs, chili powder, and cayenne pepper (to taste) in a second plate.
4. Roll the slices in bbq sauce, then in the spicy bread crumbs.
5. Place tofu fingers on a cookie sheet and cook at 450°F for 15-20 minutes.

For side, I always love roasted vegetable - mostly cauliflowers and asparagus, maybe some red peppers with a tiny bit of parmesan. For something a bit more filling, I would make couscous - it is delicious and takes literally only 5 mins to cook.



Laetitia Brochu, 3rd Year Pharmacy Student



In the Professor's Corner....

This month the PQ editors talked to Dr. Christine Hughes about.....well....check it out yourself!



If you were a drug which drug would you be and why?

Dextroamphetamine – so I can energize people! To do great things of course.

What do you think about the new framework of pharmacy practice?

Many positive things really. Pharmacists are becoming involved in patient care more and more as time goes on. For example based on interest, the lab values course offered to practicing pharmacists has increased enrollment to approximately 40 registrants where previously the course was offered to 20-25 registrants.

Where do you see Pharmacy practice in the future?

The new Pharmacy practice framework is really just a start; it is likely we will see reimbursement directly to pharmacists as opposed to the pharmacy. It is then we may see more unique practice model, such as independent consulting/referrals to pharmacists who are collaborating with physicians.

Are there any exciting things about the U of A pharmacy curriculum in the future?

First we are starting to plan a 2 + 4 degree entry level PharmD program (two years of “pre-pharmacy” and four years of pharmacy). We are still making changes to skills courses as you see in second and third year and would like to implement a similar course in first year. With these changes we are trying to prepare students to embrace the expanded scope of practice when they are done.

What do you do to relax?

I like to hang out with friends and have a glass of red wine. I also like to hang out with my son and daughter.

What is your Favorite Restaurant?

The Blue Pear, down town. The Food is a mixture of things and is hard to describe....check it out for yourself.

Where were you brought up?

I was born and raised in Edmonton. I also have two brothers and one sister.

....with Dr. Christine Hughes

What are your valued Achievements?

Doctor of Pharmacy at UBC, Residency at Royal Alexandra, APA, Injections, accredited HIV pharmacist.

(Heber interrupts telling Patrick) Patrick! Dr. Hughes was the author of the Patient Self-care nausea/vomiting chapter.

Are you going to Mr. Pharmacy? YES!!!

Do you think Richard Cao should have won Mr. Pharmacy?

He certainly surprised me.....let's leave it at that.

Favourite place to Travel?

Europe, France, England, Spain and Greece. I have been to Europe four times and hope to go back next year to visit Ireland.

What does your Current research involve?

I am looking at how to get pharmacists to embrace the expanded role, and I am also looking at what support is needed for professional development to enable current pharmacists to fulfill this role.

Do you see BC following AB lead in pharmacy practice?

I think they need government support. This is the major road block. Changes have occurred but not to the extent that we have here in AB's pharmacy practice.

Any words of wisdom for new grads?

Follow your passion with respect to these new changes; refrain from adopting the status quo of practice. New grads have the skills and energy to keep these changes going.

Do you have any questions for us?

Is this a new thing you guys are doing? No, we interviewed Dr. Simpson last year; we wish to showcase our faculty.

Any Weekend plans?

Going to go watch my son in two hockey games.



What are your plans for Christmas?

I am excited for skiing. My favourite hills are Marmot and Sunshine.

Do you believe in Santa Claus?

I do, I am a Christmas baby.

Interview by Heber and Patrick

Pharmacy Horoscopes

Ramapril (March 21-April 20)

You are being too serious with studying, do something unpredictable. Stir the pot with a boss or someone in charge. A take-charge attitude seems reasonable and could be most effective. Someone is changing before your very eyes.

Tacrolimus (April 21-May21)

Keep reaching out for more information, especially if you are not satisfied with what is coming up for you. You could be surprised by what comes in from out of left field. You might realize that you have had this information all along, but it takes an event like this to recall the memory. Be entertained, you must go to Mr.Pharmacy this year.

Gentamicin (May 22-June21)

Deal with one other person directly, and you could be surprised by how you get exactly what you most want. Surprises tend to follow your path wherever you go. Your classmates seem to be an endless source of the unexpected. Do not get into a control game with a partner. Make nice with a professor.

Candesartan (June 22-July 23)

Defer your school work, and know full well what will happen. You could feel blocked in some sense. A classmate really does not want any input from you. Someone you look up to might be cantankerous and unpredictable. Follow a friend's lead.

Oxyneo (July 24-Aug 23)

Clear out errands in order to free up your day. Afterward, play it low-key or get together with friends. At last, you will have the opportunity to choose what you want. The unexpected occurs when making plans to travel in the near future. Once in a while, staying home feels right.

Viagra (Aug24-Sept 23)

You come up with one idea after another today, which creates a problem, as you simply cannot squeeze everything in. A heavy discussion or an intense patient interaction is unavoidable. No matter what, you cannot turn the other way. A special friend comes to the rescue. Remember, you know how to have fun.

Levitra (Sept 24-Oct 23)

Stay anchored and direct. You might not have all the answers during a consultation, but you do need to find them. There is a financial decision looming over you that has several potential outcomes. Do not question your self-discipline. You know how to tell someone that you have had enough.

Scopolamine (Oct 24-Nov22)

You will go out of your way to make an impression on a person or situation. You actually are more appealing than you might realize; you do not need to try so hard. Just be yourself, and allow an important discussion to take place with a colleague.

Strattera (Nov 23-Dec 21)

Be sensitive to your own issues, as well as to a partner's. You can become quite insecure at times. Confidence will be rewarding in a stressful situation. Try not to get involved in a financial deal or agreement. Stay away from spending in general right now.

Captopril (Dec 22- Jan 20)

The Moon highlights you and what you want. You could have a strong reaction to a topic covered in lectures. A situation takes an interesting twist, let the good times roll.

Aerius (Jan 21-Feb 19)

Be as discreet as possible when dealing with a classmate or patient. You'll need to stay mum about what you know, whether it is the information this person wants or what he or she reveals. Rethink a judgment. Much that you hear or see tells you that you might need to readjust your thinking.

Hydrochlorothiazide (Feb 20-Mar 20)

Zero in on what you want, and others will seem delighted to play along. You could be taken aback by a friend's unusually good mood. Enjoy the moment. This person could flip at any given moment, as he or she typically is difficult to deal with.

By Matt George, Third Year Pharmacy student

We would like to thank the following contributors!!

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Unscramble the following pharmacy related words:

seconul
 rugds
 tiiibsoantc
 nojjiitecni
 ebecsiprr
 tdpaa
 dgconnpmoui
 topsliah
 snmackhitparoiec
 pdmrha

Sudoku Puzzle

8			4	6			7
					4		
	1				6	5	
5		9		3	7	8	
				7			
	4	8		2	1		3
	5	2				9	
		1					
3			9	2			5

Words of Wisdom:



Sudoku answers at the bottom left corner

Word scramble answers

Counsel
 Drugs
 Antibiotics
 Injection
 Prescribe
 Adapt
 Compounding
 Hospital
 Pharmokinetics
 PhamD

MERRY CHRISTMAS!!

8	3	5	4	1	6	9	2	7
2	9	6	8	5	7	4	3	1
4	1	7	2	9	3	6	5	8
5	6	9	1	3	4	7	8	2
1	2	3	6	7	8	5	4	9
7	4	8	5	2	9	1	6	3
6	5	2	7	8	1	3	9	4
9	8	1	3	4	5	2	7	6
3	7	4	9	6	2	8	1	5

