



Pharmacy Quarterly

The Official Newsletter
of The Alberta
Pharmacy Students'
Association

Representing The Alberta
Pharmacy Students'
Association
and
the students of the
Faculty of Pharmacy

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Issue #1

September 2010

Dean's Welcome Message



I would like to welcome the class of 2014 to the Faculty of Pharmacy and Pharmaceutical Sciences. As I am sure you know, our Faculty offers one of the very best pharmacy education programs in North America. As you progress through our program, you will receive the foundation to become not only outstanding pharmacy practitioners, but also leaders across Alberta and all of Canada.

During the upcoming year you will have the opportunity to become involved in the academics of pharmacy as well as in the "profession". Professionalism is a cornerstone of what will be expected of you. You will make a public commitment to the profession at the White Coat Ceremony in January. You can begin to live this commitment by becoming active in

APSA and, most importantly, some of the service activities that this organization coordinates.

At the end of your first year you will get to participate in the first phase of our exciting move to new facilities. Our Pharmaceutical Sciences faculty members are scheduled to move into the Katz Centre for Pharmacy and Health Research in the summer of 2011. By the winter term of 2012 we expect the remaining faculty members to move in to the Edmonton Clinic Health Academy. As students, you will benefit greatly from these state-of-the-art facilities.

Just as you are new to the Faculty, so too are a number of our staff. These include our new Director of Development and Alumni relations (Lori Bennett replacing Terry Legaarden after 11 years with the Faculty), Frank Hanta is the new Assistant Dean of Administration replacing Kelly Nicholson-Sheer after 9 years with the Faculty. And a new Undergraduate Secretary, Elaine Swan, is replacing Gladys McIntyre who served the Faculty for 30 years. I am also pleased to announce that Dr. Lars Oliver Klotz has joined us from Düsseldorf, Germany. He and his family arrived in August and will hold our first Canada Research Chair. Dr. Kevin Hall and Dr. Michelle Foisy have

been hired in Pharmacy Practice. Both of these individuals have a wealth of experience that will benefit your education.

I have completed my first year as Dean (and in Canada) and it has been fantastic. The University of Alberta, our faculty members, and you as students, have exceeded my already high expectations. I hope that while you are enrolled in the Faculty that you take the time to both study and play, and that you appreciate the opportunities that you are being given to contribute to the well-being of the citizens of Alberta.

Here's to another great year.

James P. Kehrer, Ph.D.

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*The views and
opinions of the
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advertisements
are not
necessarily those
of the Faculty of
Pharmacy or the
University of
Alberta*

Please send any *Questions, Concerns, Comments* to the **Editors:**
Eugenio (Mike) Pettinato: pettinat@ualberta.ca
Andrew Wong: aw10@ualberta.ca



President's Address

Oh hey, you're back!

It saddens me to say that gone are the gorgeous days of traveling, sitting around in the sun, and frolicking in open meadows trying to catch butterflies (if you're Greg Gandoke, that is). So while we drag our feet and start heading back to the cozy confines of Dent/Pharm, the one thing we can all get excited about is a September full of events and being able to take full advantage of your APSA membership!

To kick off first month of school, we've got two days of Orientation on September 7 and 8 to welcome the Class of 2014 in to the best Faculty on campus (did you know that studies have shown that compared to other Faculties, ours is about a bazillion times better?).

Following Orientation, the London Drugs Big Brother/Big Sister BBQ will be held on Sept 10. The second week of September is CAPSI Awareness Week (CAW) with a load of events and prize giveaways planned (this week would be a good time to ask your VP CAPSI, Greg Gandoke, about how many butterflies he caught this summer). The CHRPA & Scotiabank Welcome Reception will be held on September 15, which promises to be a wicked good time. It doesn't end there though, as there are many more events planned for the month. Be sure to check out the calendar on the APSA website for details!

This year, we have a stellar APSA Council who is working extremely hard to make sure that you have a fantastic year. APSA continues to

work with the Faculty to advocate for your best interests, especially with the development and implementation of the PharmD program, transition to the new buildings, and continually improving our curriculum. As always, we are committed to making sure that you have a great time as a pharmacy student!

Please do not hesitate to contact me, or any APSA Councilor (apsa@pharmacy.ualberta.ca), with comments, questions, or concerns. We love hearing from our members, and welcome your feedback.

Take care, and have an incredible September!

Tim Leung

President
Alberta Pharmacy Students' Association (APSA)



Editors' Message



(left to right): Mike, Zak, baby Jace, Andrew

WE'RE BACK once again to bring you APSA's one and only publication, the PQ. If you're reading this you most likely know what the PQ is about and desperately wanted to be caught up with all the latest APSA news and gossip or sadly you had nothing better to do since the school year just started.

Our first official item as the PQ editors of 2010-2011 is to thank Gladys McIntyre for

her many years of service to the students of the Faculty of Pharmacy and Pharmaceutical Science. Many of us wouldn't be here if it wasn't for Gladys. Gladys officially retired on July 30 as the Faculty's admissions coordinator. At this moment we would like to welcome Elaine Swan as the new admissions coordinator.

Our next order of business is to welcome the class of 2014 to the Faculty. In typical PQ fashion here is a list to help all you first year students' deal with pandemonium of the first weeks of pharmacy school.

5. Memorize what kind of backpack each of the people in your orientation group have and follow them around

if you don't know what's going on.

4. Pick a good spot in DP 6069 because each seat comes with a 4 year lease agreement that takes effect once you sit down.

3. Enjoy all the free food in the first weeks of school because it all goes downhill from there.

2. Don't let anyone colour or highlight in your time table ... you know the one with all the coloured boxes.

1. HAVE FUN!!!!(Because it only gets harder :p)

Ciao Ciao for now,

Andrew and Mike
PQ editors 2010-2011

Community Education -- Looking Forward

Hello and welcome back everyone! I would like to take this opportunity to invite all of you to join APSA's community education initiative. The goal of this program is to raise awareness about various health related topics and the profession of pharmacy among students in the Edmonton area. It is a great opportunity to develop your public speaking skills, meet new people, and learn something new! We do a number of different presentations in classrooms and around the city ranging from kindergarten to grade 12. Topics include "Do Bugs Need Drugs", Smoking and Smoking Cessation, Pharmacy as a profession, Sexually Transmitted Infections, Kids and Medicine, and Operation Allergy.

We are always in need of volunteers as requests from schools exceed the volunteer response. A pharmacy student's schedule is often very hectic so finding the time can be difficult. We are all very busy but as pharmacy students it is also our responsibility to represent our future profession and reach out to the community

to educate them about their health. The presentations are fun and easy to do. Everything is prepared for you; all you have to do is show up and have fun! If transportation is the only thing standing in your way, APSA will step in to reimburse you for the cab or public transit fare you need to get you to and from your presentation site.

This year will be an exciting year because the entire 1st year class will all be heading out into the classrooms to do either Smoking or Operation Wash-up presentations as part of their Communications course. Hopefully this will be the first of many presentations that the 1st year students will participate in.

Doing presentations in classrooms won't be the only opportunity for volunteers to get out into the community. There is the CHOICES conference in February where you get a chance to be role models for Grade 6 girls and talk to them about pharmacy and also help them in a compounding lab. More volunteer opportunities are also available during Pharmacy Awareness Week (PAW)

March 1st –March 5th where you can get involved by doing presentations in schools, volunteering at booths on campus, and much more!

The community education initiative could not be a success without the wonderful and enthusiastic volunteers who dedicate their time and effort. To acknowledge our volunteers, a pizza lunch will be provided at the end of the year. Also, volunteers will be awarded a token of appreciation for every 3 school presentations you complete (last year it was a \$5 Tim Horton's Gift Card!)

Throughout the school year I will send out information regarding presentation times and locations. You can choose those which best fit your schedule. If you are interested or have any questions please email me at APSAspeakers@gmail.com.

I hope you will all take advantage of this great opportunity and I look forward to working with you!

Darlene Korn
Community Education Director

The Psychedelic 60s - Free Love & Flower Power

This issue of the quarterly we will be going back in time to the 1960s. We, the editors of the PQ, were not born yet (20 years later), but the 60's gave cultural history that will surely last forever-hippies, assassinations, mind-blowing drugs, civil rights movements, unbelievable music and much much more. So, here are 25 quotes/ song lyrics/ etc. that we "remember" from the 60's in

no particular order. Try and match the below quotes with the following list:

Martin Luther King Jr., The Flintstones, The Beatles, Andy Warhol, The Rolling Stones, 2001: A Space Odyssey, Goldfinger, Bonnie and Clyde, Elvis Presley, Pierre Elliot Trudeau, West Side Story, Star Trek, Bob Dylan, The Sound of Music, Jimi Hendrix, Batman (TV

Series), A Boy Named Charlie Brown, Easy Rider (opening scene song), The Beach Boys, Paul Kantner (quote about the 60's era), Leave It to Beaver, Neil Armstrong, Mary Poppins, Muhammad Ali, JFK

"Nothing you can do but you can learn how to be you in time - It's easy. All you need is love, all you need is love, All you need is love, love, love is all you need."

"Of course a bilingual state is more expensive than a unilingual one — but it is a richer state."

"Ask not what your country can do for you - ask what you can do for your country."

"I'm pickin' up good vibrations. She's givin' me the excitations. I'm pickin' up good vibrations. (Ooo, bop-bop, good vibrations)"

*"This here's _____.
I'm _____ We rob banks."*

"When the power of love overcomes the love of power the world will know peace."

"See the pretty girl in that mirror there. (What mirror, where?) Who can that attractive girl be? (Which, what, where, whom?)... Such a pretty me!"

"Space, the final frontier. These are the voyages of the starship Enterprise. Its 5-year mission: to explore strange new worlds, to seek out new life and new civilizations, to boldly go where no man has gone before."

"I can't get no, oh no no no. Hey hey hey, that's what I say. I can't get no satisfaction, I can't get no satisfaction."

"How does it feel. How does it feel. To be without a home. Like a complete unknown. Like a rolling stone?"

"Raindrops on roses and whiskers on kittens, Bright copper kettles and warm woolen mittens, Brown paper packages tied up with strings, These are a few of my favorite things"



"No use, Joker! I knew you'd employ your sneezing powder, so I took an Anti-Allergy Pill! Instead of a SNEEZE, I've caught YOU, COLD!" "Why can't I have an ordinary dog like everyone else?"

"No 9000 computer has ever made a mistake or distorted information. We are all, by any practical definition of the words, foolproof and incapable of error."

"Like a true nature's child, We were born, born to be wild, We can climb so high, I never wanna die, Born to be wild, Born to be wild"

"When you think about it, department stores are kind of like museums."

"Yabba-Dabba-Dooooooo!"

"Gee Wally, that's swell."

"That's one small step for man; one giant leap for mankind"

"Never was there a more happier crew, than them what sings Chim Chim Chiree Chim Chirow! Chim Chim Chiminy Chim Chim Chiree Chim Chirow..."

"(We're) caught in a trap, I can't walk out. Because I love you too much, baby... We can't go on together with suspicious minds. And we can't

build our dreams on suspicious minds"

*"Do you expect me to talk?"
"No, Mr. _____. I expect you to die."*

"I shook up the world! If you can remember anything about the sixties, you weren't really there."

Now, wasn't that a piece of cake. But do you disagree with any of our choices? Do you think we missed an important quote that defined the 60's. Do you think one of these quotes should have been left out? We, the editors, want your input.

The next quarter's issue will be featuring the disco eras the 70's. We would like our readers to send us what they feel are memorable quotes that define the 70's decade. Do you like 70's music or know historical moments from the 70's? If not ask your parents. The one with the most input this year shall receive a PRIZE. Yes, a PRIZE.

Please send in your quotes or comments to either pettinat@ualberta.ca or aw10@ualberta.ca

Ciao ciao for now,

Mike and Andrew
PQ Editors



your life
your customers
your community
your career



Congratulations Walmart Pharmacy Students for another amazing summer in our *Walmart Student Program*.

Thank you for your dedication, all your innovative projects, and for making a difference within your communities. Hopefully you have enjoyed interacting with our patients, conducting health clinics, going out into the community, and attending the various field days.

If you are interested in being a part of our Summer Program next year, please watch for details. We will start our on-line application for *Summer Students 2011* in the fall.

For more information on our Student Program, please visit us at: www.wal-mart.ca/pharmacyCareers

It has been an absolute pleasure having you as part of our team!
Best of luck to all of you in the coming year!

The
Pharmacist
at Walmart ™
Just ask

APSA Council 2010-2011 Bios



President: Tim Leung

Class: 2011

Bio: As you might have guessed, my main responsibility is to make sure that APSA Council serves you the best that it can. Much of the time, this means that most of my effort will go into making sure that Tyler behaves himself and does not do things that may involve a court date in the future (and subsequent use of APSA funds for legal counsel). The rest of my time will be spent making your time as a student as awesome as possible. More specifically, my focus will be on:

- Putting on wicked events for students to enjoy (Eat! And learn! And eat!)
- Advocacy of student concerns, especially those dealing with the curriculum
- Collaboration with our student colleagues
- Strengthening our Faculty's unity

I'm always up for a good chat (especially about anything hockey) so if you see me around, please feel free to come and bug me!

President-Elect: Tyler Watson

Class: 2012

Bio: Heyo,

My name is Tyler and I am the President-elect of APSA. This means that I pretty much do nothing and take credit for everything that our current President (Pete... I mean Tim Leung) does. It's a sweet gig. If that doesn't tell you enough about me, I will spell it out for you: I enjoy shirking responsibility, making others do my work, and playing foosball in the student lounge instead of attending class or studying. My goals for the upcoming year are to 1) set a new brick breaker record on my phone, 2) pass, and 3) resign from my position on November 30th so as to avoid new responsibilities. If you have any ideas on how to help me achieve these goals, or want to learn how to become self-unreliant, feel free to contact me.

Regards,

Tyler Watson
tlwatson@ualberta.ca



Vice President External: Brett Edwards

Class: 2012

Bio: Hey Pharmskys! My name is Brett Edwards and I am what they call the "VP External". Pretty much, my job is to make the world see how cool pharmacy is. This might seem a little difficult because I, myself, am not really that cool, but nonetheless I will make it happen. My job consists of acting as a Pharmacy liaison to any external groups (such as the government) and any tasks involved in that.

As for me personally, I'm from this lovely city of Edmonton. I received a degree here at the U of A in 2008, at which point the Faculty of Pharmacy felt sorry for me and let me in. During the summer I work way too little, and play way too much golf, as well as any other sport I come across. I look forward to meeting you this year!

Vice President Academic: Anita Gustafson

Class: 2013

Bio: As your VP Academic for the 2010-2011 school year, I am the 'go-to' person for all of your academic related questions and concerns. I am in my second year of Pharmacy and have loved every moment of it since being accepted into the program. I grew up on a farm near Athabasca, Alberta and moved to Edmonton to attend University. This will be my sixth year at the University of Alberta, having completed a Bachelor of Science degree with a major in Biological Sciences (minor in Physical Sciences) before starting in the Faculty of Pharmacy and Pharmaceutical Sciences. I now reside full time in Edmonton with my husband on the North side of the city. I look forward to working with APSA and all of its members to help make everyone's experience here in the Faculty memorable and rewarding!:)



APSA Council 2010-2011 Bios

Vice President Administration: Peggy Karas **Class:** 2012

Bio: Peggy Karas: Defn: 3rd year pharmacy student, APSA VP Administration and life long U of A student

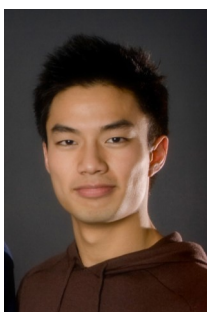
P: is for Punctual

E: is for Exceptionally Talented

G: is for Georgeous

G: is also for Genuine

Y: is for Yay I'm almost done school



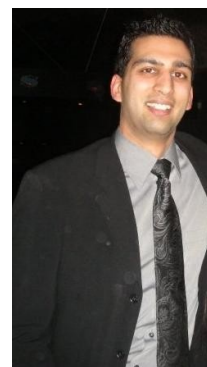
Vice President Finance: Peter Lok

Class: 2012

Bio: Hey whatsup APSA! My name is Peter, VP Finance. Entering University, it was always my goal to graduate from university and start working ASAP. 5 years later... I'm still in school with only 2 years of pharmacy complete and have accumulated a big student loan, yet I have loved every single moment of Pharmacy! I have previously worked at TD Bank, made investments, and after coasting through my first phase of life in Pharmacy, like Lebron, I made "The Decision" to join my friends on council as VP Finance. After a bad stretch in summer, watching my Celtics lose to Kobe, then agonizing over England's World Cup performance, things started to turn around when BigBrother (prediction: Britney to final 2), Entourage, and Jersey Shore came back. Seeing the camaraderie between friends has made me excited to start the school year. I look forward to a great 2010-2011 with APSA.

Vice President Student Services: Jocelyn St. Amour **Class:** 2012

Bio: Jocelyn "wee Joc" St.Amour was born in Calgary Alberta, in the year 1986. After 18 years of jamming forks into light sockets, and building "American Gladiators" style obstacle courses in her back yard she found herself on the desolate planes of AB, cramming biology and psychology into her overly large cranium. Her heart was always in the mountains where her passion for snowboarding, climbing, and mario kart wii could be satiated. However her ultimate love of pharmacy kept her in an unnatural state of focus and when the stars aligned on the 7th month of the year 2008 Gladys gave that fateful call. Now she enjoys the sweeter things in life, such as APSA parties and lectures in 6069. Someday She hopes to count to infinity twice.



Vice President CAPSI: Greg Gandoke

Class: 2012

Bio: 10 things about me:

1. I have a BSc in Chemistry. I am in the class of 2012
2. I love Pizza
3. I am a big hockey fan....big time Calgary Flames Hater
4. I think Pete Lok is the second coolest person in my class
5. I am the best in NHL 10 (xbox 360 only)
6. I am the CAPSI Rep. Sr. for Alberta and really enjoy it!
7. I like to meet new people, so please come talk to me, I need friends
8. I really like being apart of APSA and would recommend to come attend a meeting and see for yourself
9. I bring the nicest lunches from home
10. I hate room DP 6069

Recruitment Director: Bryson Le **Class:** 2012

Bio: Hey! My name is Bryson Le and I'm the recruitment director for the 2010-2011 school year. As a recruitment director I will be a liaison between companies and students. I will work hard in representing students and make it easy for students and employers to connect. I will also organize the career fair and other events exposing students to companies. If you ever have a question feel free to approach me!



APSA Council 2010-2011 Bios



RxA Representative: Stephanie Moore

Class: 2012

Bio: My name is Stephanie Moore and I am fortunate to have the opportunity of being this year's student representative for the Alberta Pharmacists' Association (RxA). I am currently in my third year of the pharmacy program at the University of Alberta and have already completed a Bachelor's of Science degree from the University of Lethbridge. I was born and raised in Calgary, so attending University has given me the chance to explore other places in Alberta.

This summer I worked in a community pharmacy which was different from my previous summer where I was lucky to gain some hospital experience. I am really enjoying the pharmacy program and like getting involved in various associations. Last year I was the fundraising coordinator for the 2009 Alberta Inter-professional Conference. However, this year I am looking forward to getting involved more with the pharmacy student population while fulfilling my role as RxA representative.

CAPSI Jr. Representative: Serena Westad

Class: 2013

Bio: My name is Serena Westad, your CAPSI Jr. I'm one of 2 Serena's currently on APSA council, and things can get confusing, so to avoid this you can call me Westad (like the mall: West Ed-monton mall!). I come from a small town in Northern Alberta called Beaverlodge (ya that's right, and we have a giant beaver statue). My hobbies include snowboarding, rock climbing, camping, and boating. Although school is important, I believe fun and involvement are extremely important too. You'll be seeing me out at most APSA events, and if I can give you any advice at all, it will be to seize opportunities to be involved, and finding the balance between grades and fun is vital. So, don't be shy, come say hi (yes, that's a demand cleverly rhymed to convince you...I'm so suave); I look forward to meeting you!



CSHP Representative: Serena Bains

Class: 2012

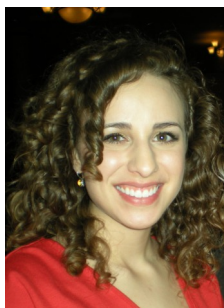
Bio: I am your CSHP (Canadian Society of Hospital Pharmacists)-AB Representative for the year and I liaise between the Alberta branch of CSHP and APSA. I promote CSHP initiatives to pharmacy students and bring a student perspective to the CSHP board. I help students take advantage of the benefits of a CSHP membership which include the mentorship program, student awards and educational evenings. In addition to CSHP and APSA council, I also help plan Banff Seminar, a fun and educational weekend annual conference held in Banff for institutional pharmacists and students from BC, AB, SK, and MB.

I am entering my third year of pharmacy and am really looking forward to another fun-filled and busy school year. I love to travel, read, and explore new things. I also have a lot of energy when it comes to meeting new people so I look forward to meeting everyone in the incoming class!

Interprofessional Director: Sarah Hasenbank

Class: 2012

Bio: I was born in Edmonton and have lived in Fort Saskatchewan for most of my life. My first year at the U of A was 2007, and I'm now starting my 3rd year in Pharmacy. I've been a huge nerd my whole life, which has led to my being a pharmacy student. I'm sure many of you can also identify with being a nerd. Anything to do with arteries or veins (i.e. blood tests, IVs, central venous catheters...) instantly makes me pale, nauseous, and prone to collapsing. Fortunately it's only come up in class a few times so far. On the other hand, some of my favourite things are desserts, reading, pharmacy, The Office, and tennis. I hope to bring you lots of interprofessional opportunities this year! I welcome any interprofessional questions or suggestions, so be sure to contact me for those.



APSA Council 2010-2011 Bios



Publications Director: Kristen Marlow

Class: 2012

Bio: Hi All. I am your Publications Director. I take care of the money for the PQ and Yearbook. And I am there to back up their respective advisors. I live in Millwoods and have a little dog name Muffin. I am in my 3rd year of pharmacy and loving it. I spent 10 days this spring in NYC visiting my cousins and it was amazing. Totally once in a lifetime. The rest of the summer I worked and camped almost every weekend. Make sure you buy your yearbook and check out the PQ. If you are interested in helping with yearbook see me or the advisors. Have a great year and I am always here to chat about anything.

Social Director: Linda Nguyen

Class: 2012

Bio: Greetings Fellow Muggles,

My name is Linda Nguyen (...I hope I'm pronouncing that right) and your current Social Director, which means it is my job to make sure you have fun!

What to know about me:

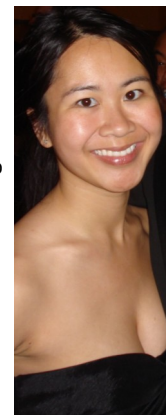
I'm a Gemini, which makes me quite wishy-washy when it comes to deciding what to do...and I'm a woman, which makes me ten times even more wishy-washy My dream ambition is to be a pop star but since I lack singing talent, I've decided to put my brains into Pharmacy. I'm vertically challenged...so you can always feel more important by standing next to me. Creep my Facebook for more information

All in all, if you need to find me, look for the little girl with the big voice.

Yours truly,

Linda Nguyen

voted Class of 2012's Most Bootylicious & Most Likely to Date a Professor



Community Education Director: Darlene Korn **Class:** 2013

Bio: Hi! My name is Darlene Korn and I am the Community Education Director for the 10/11 year. I will be recruiting volunteers to do presentations in classrooms around the city ranging from kindergarten to grade 12. The focus of the community education initiative is to raise awareness about various health related topics and the profession of pharmacy. Pharmacists are the most accessible health care profession to the public and as students we have the opportunity now to be actively involved in our community and promote healthy living. So a little bit about myself, I was born in Red Deer but have lived in Edmonton most of my life. My cultural roots are in Cambodia where my family has lived for 3 generations, although we are of Chinese descent. I like travelling, camping with family, and hanging out with friends. I look forward to seeing everyone in the coming year =)

Pharmacy Quarterly Editors: Andrew Wong

Class: 2012

Eugenio Pettinato

Class: 2012

Bio: Hey everyone,

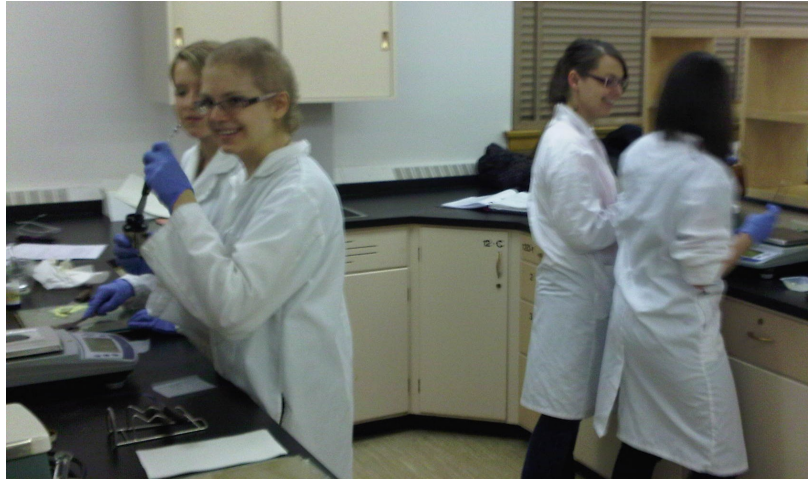
The dynamic duo is back once again to bring you APSA's awesome publication, the Pharmacy Quarterly (PQ). My partner in crime Eugenio Pettinato (or just Mike because no one can pronounce his first name) and myself, Andrew Wong, are back this year as the editors of the PQ. This year we hope to make the PQ better than ever by adding some new and exciting content - more student/faculty articles, jokes, and PICTURES. We may also decide to bring the PQ out of the Stone Age by incorporating different forms of media and venturing into the land of social networking. Finally, we would like to thank our loyal readers (all 10 of you) because without you none of this would be possible.

Ciao ciao for now,

Andrew Wong and Eugenio Pettinato
PQ Editors 2010-2011

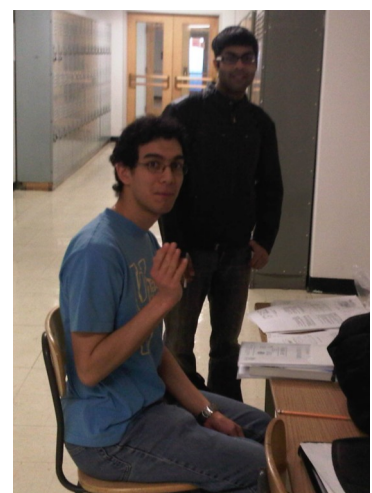


MORE BIOS TO COME IN THE NEXT ISSUE



The Year that was 2009-2010





Memorable Pharmacy Guy/Girl Moments from Last Year

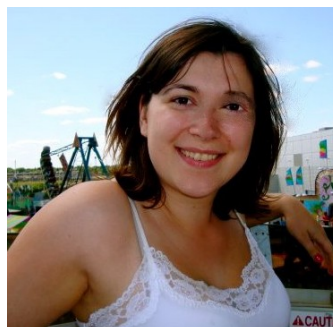
First of all, thank you to everyone who participated by being the Pharmacy Guy/Girl last year. For those of you who don't know what the Pharmacy Guy/Girl is; it is basically an article interviewing pharmacy students. We, the PQ editors, interview pharmacy students (one male and one female) every quarter and publish their responses in the PQ. Here are some of the most memorable answers we got last year:

PQ: An "angry patient" comes into your pharmacy. What do you do ...

Tyler: If an angry patient comes into my pharmacy, I'd pretend to be the technician and tell the patient the pharmacist is out for a while. No, wait, I'd quickly take off my lab coat and pretend to be another angry patient! Yeah, that'd work way better.

PQ: What was the first thing you did after reading your acceptance letter from the faculty of pharmacy? Who was the first person you told?

Verity: I screamed, then cried, then screamed a little more, then I ate a cookie. I'm pretty sure I told everyone who lives in my sister's



"We're 'Burning UP' For You Baby!"



Making things happen one dose at a time
March 23, 2009

apartment building collectively... maybe I shouldn't have done so much of the screaming.

PQ: Can a bald man get lice

Charles: Yes, pubic lice. I think we saw some slides of eye lash lice too in a class.

PQ: What would you like to see in the APSA lounge

Emily: I think the APSA lounge needs a therapy pet, like a hamster or a fish. Other than that, more free food and drink, live music, some midway rides, and a petting zoo. Or we could have it like the Gryffindor head room in Harry Potter, complete with a Fat Lady to guard the entrance. We have to make those Dentistry people jealous

PQ: In your opinion what is the role of the Pharmacist in the Canadian health care system

Emily: The role of the Pharmacist in the Canadian health care system is like a mighty morphin' power ranger! It used to be quite average and boring, but now

it's morphin' into something cool and powerful! A morphed power ranger generally has superhuman strength, durability, and ability in hand-to-hand combat (except pink ranger). So pharmacists are morphing into super knowledgeable, resilient medication experts who are marvelous at face-to-face patient-centered care! They will work together to combat their evil nemesis, Medication-Related Issue! At least that's what they taught us in 322.

PQ: Is menstruation a chronic disease? Explain.

Thor: I would say more of a syndrome that has reached pandemic proportions. I mean half the world's population already suffers from it. I hate to use the words isolation and quarantine but something needs to be done.





PQ: Does being a pharmacy student make you more adherent to medication or not? and why?

Thor: I would like to say it does but I don't know if it has had much of an impact. I'm horribly noncompliant. I've also been known to keep tablets in the bathroom, take antibiotics without water resulting in an esophageal ulcer and my personal favourite is washing meds down with a frosty Kokanee.

PQ: What would make the Pharmacy practice lab a more enjoyable place?

Lam: Maybe if we livened up the décor a little bit. Hire Ty Pennington to upgrade to



granite countertops, add a Parata RDS and plasma TVs. Not only would we have a sweet new lab, I would also get to stalk...err meet Ty Pennington!

PQ: Growing up who was your biggest mentor idol and why?

Joe: Stan Dyjur, may he live forever. Need I say more

PQ: What is one piece of advice you would give to the rest of the pharmacy students?

Joe: Never hesitate to ask



questions. Discuss and debate issues with your peers, professors, preceptors and patients. Start becoming familiar with the literature and staying current. Get to know your patients! They will teach you more than any textbook. And above all, take advantage of every learning opportunity that comes your way. Don't wait for lucky breaks, but create your own opportunities. Figure out what you are meant to do and pursue it! Study hard, but don't take exams, assignments and grades too seriously. No one will care when you graduate who got an +A in Pharmaceutics.



PQ: Now that your pharmacy student life is almost over what will you miss most and what do you regret not doing. Why?

Stephanie: I am really going to miss being a student!. I've really gotten used to seeing my friends every day, having 4 months off in summer and being on campus.

I'm also really going to miss being able to use the excuse of 'I'm still just a student' for why I don't know something. I regret never keeping my promise that 'I will never cram for an exam ever again' that I made while studying for almost

every exam...especially now that the PEBCs are coming up and I'm beginning to wish my memory after cramming for an exam extended past 24 hours...but I know that there is no way that would have ever happened.



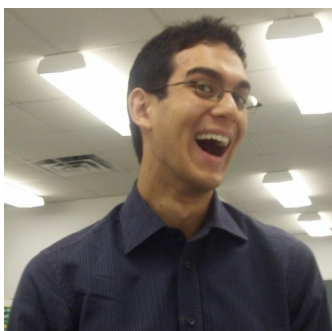
**Get to Know
your Fellow
Pharmacy
Students !**

**Don't Miss out
on Meeting
Someone New
and Exciting !**

**Nominate One
of your Fellow
Male Students
for Next
Quarter's
Pharmacy Guy**

**Please email us your
nominations to:
awl0@ualberta.ca
pettinat@ualberta.ca**

Pharmacy Guy



CONGRATULATIONS to **Giovanni Ursella** who is this quarter's Pharmacy Guy. Gio is in his third year of pharmacy school. Here's what he has to say to a couple of our questions:

PQ: What was the most interesting thing you did this summer (that was rated PG-13)?

Gio: Well, when I went to Italy, my family and I went to the mountains one day, and it was super great. I also got to eat my zia's (my aunt's) SUPER GREAT food one day. That was super exciting.

And here is one interesting thing that I learned this summer: apparently, there are two kinds of plugin/jack thingies, and they're called "male" and "female" jacks. The male jack plugs itself into the female jack! Hahahahahahahaha! I'm just tickled by that.

PQ: The world comes together once every 4 years; what is the most memorable thing you remember about the World Cup?

Gio: I was in Italy when they won last year, and it was kind of exciting; a whole bunch of people were partying in the streets and stuff.

PQ: Pharmacy is a dangerous profession right up there with policing and fire fighting. What would you do if you were held up at gun point for oxycontin 80mg?

Gio: Probably cry. Maybe they'd spare me out of pity.

PQ: Why does caregiver and caretaker mean the same thing?

Gio: Thank you for the excellent, thought-provoking question, Andrew and Mike. Why does "caregiver" and "caretaker" mean the same thing? Caregiver. Caretaker. Yes. Very interesting question. (Have I taken up my five minutes for this table topic yet?)

Well, I don't know much about caregivers and caretakers, but I do know a little about music. You see, most Western music is based on something called "tonality", which is basically when the notes in a piece are all attracted to one note, the tonal centre. So, when I sing, "Do-re-mi-fa-sol-la-ti-", you think, "Wait, you're not done yet! This is making me kind of uneasy.... Cadence, darn you! CADENCE!", and then I sing, "-do!", and then you're like, "Whoo, now I can relax." So, all of the notes that I sang (sung?), especially "ti", gravitate towards "do", the tonal centre.

In conclusion... **birds can sing, you guys! BIRDS CAN SING!!**

PQ: What is your favourite Disney movie and why?

Gio: The Lion King—great story, great music. But really,

a lot of Disney movies have great storylines and music. Mulan (my second-favourite Disney movie), Beauty and the Beast, Aladdin... but NOT ENCHANTED! Sure, it has nice music, but the storyline is HORRIBLE. I mean, she was originally in a perfect world, and she ended up being crushed by our world (partly by Patrick Dempsey coming out of a shower—I mean, come on, she's supposed to be all innocent and stuff!). And some people say that she was just "living in an imaginary world and never saw the 'real world', so now, she's better off"; but really, her "imaginary world" wasn't imaginary—it was real! She actually lived there! And it was perfect. And her innocence was destroyed. I guess you could argue that her love for Patrick Dempsey made our sucky world bearable, and yada yada love conquers all yada yada... but still. I think that the ending is so sad.

But anyways, Alan Menken (the composer of a lot of the Disney movies) makes some great music.



**Nominate One
of your Fellow
Female
Students for
Next Quarter's
Pharmacy Guy**

*Please email us your
nominations to:
aw10@ualberta.ca
pettinat@ualberta.ca*

PQ: Some people call the elevator in dent/pharm the drop of doom. What is the most dangerous thing about dent/pharm

Gio: Well, I remember when Dr. Sadowski was saying how Dent/Pharm is very unfriendly to the elderly, with its shiny, checkered floors and dark stairwells and stuff. So I guess its most dangerous thing is its unfriendliness towards the elderly.

Other than that, I love Dent/Pharm. I love how old it is and stuff, and I love how the crests in front of it are unfinished—the people who were supposed to make the crests

had to go to war before they could finish them, and when they came back, they were just like, "Meh, let's leave it like that" (the moral of that story is VOLUNTEER FOR ORIENTATION!).

Anyways... yeah.

PQ: Name the first thing that comes to mind when you see these words:

Bieber: Justin (who else?)

Mungo: beans (I know that they're not called mungo beans, but the word reminds me of mung beans, okay?)

Avatar: blue people?

Ketorolac:
AAAAAAAAAAAAAAAAAAAA
AAAAAAAAAAAAAAAAAAAAH
HHHHHHHHHH!!!!!!!

Zamboly: Some sort of vague music idea comes to mind. Is a zamboly an instrument? I'll have to look that up.

*Oooh, pharm;
Oooh, pharmacy
Booooooy,
Whatcha doin' tonight? (Hey, boy!)
Something something
Good old-fashioned pharmacy
boy! (Doo doo doo doo)*

*Gio, the pharmacy boy
Bring me drugs, bring me joy!
Oh, Gio, the pharmacy boy*

Pharmacy Girl

CONGRATULATIONS to **Andrea Korpan** who is this quarter's Pharmacy Girl. Andrea is in her third year of pharmacy school. Here's what she has to say to a couple of our questions:

PQ: What was the most interesting thing you did this summer (that was rated PG-13)?

Andrea: I would like to say that I learned to scuba dive or scaled the Great Wall of China, unfortunately I did neither. My summer consisted of pharmacy work, farm work, and volunteer work. I looked at the weekends as my 'vacation' and used the time wisely to visit the majestic city of Edmonton.

PQ: The world comes together once every 4 years; what is the most memorable thing you remember about the World Cup?

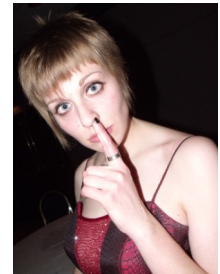
Initially when I read the first

part of this question, I thought it was referencing the G8 gathering in Toronto, which was of course wild. But, in regards to the football matches, did you see that guy get the cleat to the chest in the final match!?!?! That replay was sick!

PQ: Pharmacy is a dangerous profession right up there with policing and fire fighting. What would you do if you were held up at gun point for oxycontin 80mg?

Andrea: Remaining calm I would ask the patient if we could talk for a few moments regarding their medication. Also, I would inquire if the area was private enough to have a conversation. Then I would proceed to ask, 'What did your doctor tell you about this medication', 'How are you supposed to take it' and 'What side effects are you aware of that are associated with this medication'. Sure, I am aware an armed device is being pointed at me, how-

ever,
patient
safety
and un-



derstanding is vital to a beneficial medication experience. Would I hand over the Oxy's? Heck no. I would give the fellow propranolol 40mg instead. They are both green. The fool wouldn't know the difference.

PQ: Why does caregiver and caretaker mean the same thing?

Andrea: I don't want to get too technical and start referencing the reputable source Wikipedia, but I am accepting these terms. One who is a 'giver' of care is also one who is responsible to be a 'taker' of the care, which is ultimately synonymous with Pharmacist.

PQ: What is your favourite Disney movie and why?

Andrea: The Emperor's New Groove. I find it to be hilarious, witty, and not long enough to put my bum asleep.



PQ: Some people call the elevator in dent/pharm the drop of doom. What is the most dangerous thing about dent/pharm?

Andrea: The cockroaches. Honest to goodness. I saw it with my own two eyes! It was dead and covered in dust bunnies on the stairs of the west stairwell between 5th and 6th. Or it was a really big beetle....

PQ: Name the first thing that comes to

mind when you see these words:

Bieber: Justin.... *sigh*

Mungo: 'Mango' misspelled

Avatar: Ick.. Avatar... Aliens? Romantic love interest? Really? I'd rather have a lecture of pharmaceuticals.

Ketorolac: Overprescribed by Dentists worldwide.

Zamboly: Zamboni filled Stromboli.

Comics



TLF

My wife dresses to kill. She cooks the same way.

Sign on baby's bib: SPIT HAPPENS.

Support bacteria, they're the only culture some people have.

TMZ Disclaimer: The views expressed by some of the members of the staff are not expressed by smarter members of the staff

For Sale: Parachute. Only used once, never opened, small stain.

"Love is like a booger. You keep picking at it until you get it, then wonder what to do with it."

There comes a time when one must take a position that is neither safe, nor politic, nor popular, but he must take it because his conscience tells him it is right
When one door closes an-

other opens. But often we look so long so regretfully upon the closed door that we fail to see the one that has opened for us. Imagination is more important than knowledge.

He turned it side-ways!
Kill Shot!
That's a Kill Shot!



DO you have Artistic Ability because we DON'T Please send us your comics

Email:
aw10@ualberta.ca
pettinat@ualberta.ca

HELLO FRIENDS!! Ever have the feeling that nobody cares about what you have to say? Well, cry no more 'cause it's time for TLFs again—arguably the best media for self-expression ever conceived!

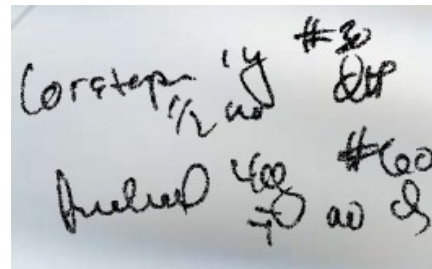
Send your TLF by Email to:

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Distractions

Chicken Scratch

This is the reality of pharmacy. Can you figure out what these prescriptions says? If you're up to the challenge to show why you are worthy to be in this profession then you must correctly interpret the drug, Mitte (dose), and Sig (direction).



If you are extraordinarily gifted or otherwise are somehow able to decipher the handwriting below, then you may be eligible for a prize. Submit your expert responses to:

pettinat@ualberta.ca or aw10@ualberta.ca

Upcoming Events

Please note these dates are not inclusive of all APSA events. Dates and times are tentative and subject to change.

Tuesday, September 7, 2010
Orientation for Class of 2014 (Day 1)

Wednesday, September 8, 2010
Orientation for Class of 2014 (Day 2)

Thursday, September 9, 2010
First Day of Classes

Friday, September 10, 2010
SHINE Info Seminar
London Drugs Big Brother Big Sister BBQ
Labour Day Rematch - Calgary Stampers vs. Edmonton Eskimos

Monday, September 13, 2010
CAPSI Awareness Week

Tuesday, September 14, 2010
CAPSI Awareness Week

Wednesday, September 15, 2010
CAPSI Awareness Week
CHRNA & Scotiabank Welcome Reception

Thursday, September 16, 2010
CAPSI Awareness Week

Friday, September 17, 2010
CAPSI Awareness Week
Welcome Back Beach Volleyball Tournament & BBQ

Wednesday, September 22, 2010
September Movie Night!

Friday, September 24, 2010
CSHP Membership/Mentorship Drive
September TGIF

Sunday, October 3, 2010
CIBC Run for the Cure

Saturday, October 23, 2010
Lockdown Lasertag

This Quarters' Jokes

Joke 1

Customer gets a topical cream.
Direction: Apply locally two times a day.
Customer says to the pharmacist: "I can't apply locally, I'm going overseas"

Joke 2

Did you hear about the new "morning after" pill for men?
It changes their blood type.

Sudoku

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

HOW TO PLAY: Digits 1 through 9 will appear once in each zone— one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle

Difficulty: medium