

September 2012

PQ

Pharmacy Quarterly

*Welcome
Class of
2016!*





President
Ken Soong
ksoong@ualberta.ca

President-Elect
Laura Coleman
lcc@ualberta.ca

VP CAPSI
Jereme Parenteau
jereme@ualberta.ca

VP External
Joshua Torrance
jrt2@ualberta.ca

VP Academic
Peter Yang
ryang3@ualberta.ca

VP Administration
Mai Lang
mtlang@ualberta.ca

VP Finance
Somin Park
somin@ualberta.ca

VP Student Services
Tara Leong
taleong@ualberta.ca

Fundraising Director
Jon Tong
jktong@ualberta.ca

Interprofessional Director
Emily Yu
ewyu@ualberta.ca

Community Education Director
Jenny Carbon
carbon@ualberta.ca

Publications Director
Melissa Chung
mvchung@ualberta.ca

Recruitment Director
Sabina Choi
sychoi@ualberta.ca

Social Director
Jessica Pynch
pyrch@ualberta.ca

IPSF Representative
Insaf Ahmed
insaf@ualberta.ca

CAPSI Junior
Leah Stickel
stickel@ualberta.ca

RxA Rep
Douglas Owoo
dowoo@ualberta.ca

CSHP Rep
Sheldon Chow
sheldon3@ualberta.ca

Fourth Year Class Rep (Fall)
Tawny Robertson
tawny@ualberta.ca

Fourth Year Class Rep (Winter)
Charlotte Galenza
cgalenza@ualberta.ca

Third Year Class Rep
Florence Tsang
siucheun@ualberta.ca

Second Year Class Rep
Brad Snodgrass
wsnodra@ualberta.ca

First Year Class Rep
Cassandra Voit
voit@ualberta.ca

IT Officer
Andrew Noh
mnoh@ualberta.ca

Yearbook Editors
Sujin Kim
sujin1@ualberta.ca
Cathy Yoo
yemok@ualberta.ca

SHINE Clinic Reps
Sarah Brost
brost@ualberta.ca
Victor Guo
vguo@ualberta.ca

Sports Reps
Vincent Ha (Male Sports Rep)
vhha@ualberta.ca
Luanne Lerner (Female Sports Rep)
llerner@ualberta.ca

First Year Social Rep
Daniel Burton
dburton@ualberta.ca

Second Year Social Rep
Melissa Mah
melissa1@ualberta.ca

Third Year Social Rep
Kailey Roberts
Kailey3@ualberta.ca

Fourth Year Social Reps
Jenna Eisbrenner (Fall)
jeisbren@ualberta.ca
Emily Li (Winter)
emily.li@ualberta.ca

Awesome PQ Editors
Patrick Jones
pj2@ualberta.ca
Heber Castillo-Gurdian
hcastill@ualberta.ca

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...

Calendar	4
APSA and Rep Updates	5
Orientation Fun	12
Welcome Back from a Fellow Pharmacy Student	14
Happy/Upset Pharm Student	15
“Curiosity”	16
Wellness Column	17
PHARMESPN	18
Cooking with a Pharm Student	22
Thank-You	23

This summer I worked at the Glenrose Rehabilitation Hospital and realized how much more I need to learn. It seems pharmacy school is just the beginning of a lifelong learning process. I am looking forward to the following year with the PQ, we have a lot planned for you guys. 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



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

September & October 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.

September 2012

September 21 — **Welcome Back Volleyball Tournament.** Have fun meeting other pharmacy students in a friendly beach volleyball tournament. There will be free food, gift bags, and prizes available. TIME: 2:00PM—6:00PM. WHERE: Garneau Courts, 10943-84 Avenue NW.

September 24 — **CSHP Membership Drive.** Come learn about the benefits of becoming a CSHP member. Light refreshments provided. TIME: 11:00AM—12:00PM or 1:00PM—2:00PM. WHERE: DP 1030.

September 28 — **TGIF!** Relax and celebrate the end of your first month back. Tickets are \$5 at the APSA office and you'll get a free drink before 10:00 PM. Your APSA card also gives you free games of pool and 20% off food. TIME: 8:00PM onwards. WHERE: The Rack on Whyte, 10544 Whyte Avenue NW.

September 30 — **CIBC Run for the Cure.** Charity event dedicated to finding a cure for breast cancer. 1km or a 5km walk or run. See page 7 of this issue for more information, including signing up or donating. TIME: 8:00 AM—11:00AM. WHERE: Sir Winston Churchill Square (downtown).

October 2012

October 8 — **Thanksgiving Day!** University Buildings are closed.

October 10 — **RxA Speaker Series.** Jeff Whissell from RxA will be talking about the new Pharmacy Services Framework. Light refreshments provided. TIME: 12:00PM—1:00PM. WHERE: DP 2022.

October 12 — **Value Drug Mart Lunch and Learn.** Info session about the opportunities offered by Value Drug Mart. Lunch provided. Sign-up required; blacklisted event. TIME: 12:00PM—1:00PM. WHERE: DP 2099.

October 15 — **Faculty Meet 'n' Greet.** Come get to know your faculty advisor and other members of our faculty. Light refreshments provided. TIME: 12:00PM—1:00PM. WHERE: Faculty Atrium (by the Pharmacy offices on the third floor of ECHA).

President's Message



Welcome back, fellow Pharmacy students! And to the first year class, the class of 2016, a hearty welcome to the pharmily and a congratulations to your entrance into this prestigious profession.



My name is Ken Soong and I will be your APSA President until December when I will transition to past-president and Laura Coleman, our President-elect, will change over to President.

We have a great year ahead of us! With so many different activities in the works, from TGIF events to our largest fund-raising event in November—the awesome Mr. Pharmacy event—all the way to professional seminars from RxA, I'm super excited because this year is already looking to be one of the most exciting years ever!

The Alberta Pharmacy Students' Association (APSA) is working hard behind the scenes to bring you the numerous and diverse services that make life as a pharmacy student more enjoyable. Be sure to check out

our concession and library services during regular office hours. Or, if you need to speak with a representative from APSA about academics, be sure to contact your class rep or the VP Academic Peter Yang.

If you're looking to get more involved in pharmacy, I encourage you to consider volunteering with APSA's initiatives or getting involved in March with the upcoming elections for your new council positions. There's so many things that you can do to stay engaged and to be actively involved. Talk to your fellow students! Come out to the events! Stay active in pharmacy and stay up-to-date with the current events! And last but not least, don't forget to check out our website MyAPSA.ca on a regular basis, and to like our Facebook page to stay current with the many things APSA is doing for you.

With a broader mindset we can achieve greater things and have a more exciting experience while studying pharmacy, and end up having the time of our lives!

Ken Soong

APSA President
ksoong@ualberta.ca

APSA Update

Welcome (back) to Pharmacy, everyone! APSA has been hard at work this summer on many social, academic, and advocacy events and initiatives. Here's a look at what's happening!

The Summer Retreat, which was held this year on June 9, 2012, is APSA Council's annual strategic planning session. APSA Council 2012-2013 set many goals, including:

- Growing Pharmacy Awareness Week (PAW)
- Developing an "About APSA" video
- Promoting student resources such as APSA's Student-Led Initiatives Funding Pool
- Increasing the number of clinical practice tools on the Student Resources page of MyAPSA.ca



Here are just a few of the many initiatives APSA has already been working on!

- Developing the Accommodations Support Network, a database to help students find accommodations in rural areas for rotations
- Expanding Mr Pharmacy, APSA's annual fundraiser for Prostate Cancer Canada
- Creating the RxA Speaker Series, a new partnership with RxA to provide students with seminars on important topics

For more information, please see APSA's detailed summer newsletter on our website, MyAPSA.ca, under APSA Council News.

On top of all this, APSA just wrapped up a very successful Pharmacy Orientation to welcome the Class of 2016. You can see some Orientation pictures on pages 12 and 13 of this issue of the PQ!

Here's to a great year!

Melissa Chung
Publications Director
mvchung@ualberta.ca



CAPSI Update

RUN FOR THE CURE!

Hey everyone!
Hope you are all enjoying your summers up until this point! This is just a reminder that the CIBC Run for the Cure is sneaking up on us soon! This year we have made a [UofA Pharmacy](#)



[team](#) and are looking for many students and faculty to join us for the run and shatter our record of \$5,838.55 from last year and on top of that beat all the other 9 Canadian schools at fundraising. Here are the details for the run and I hope you can join our team as soon as possible and start fundraising!

Date: **Sunday, September 30, 2012**

Time: **8:00am – 11:00am**

Location: **Sir Winston Churchill Square** (downtown Edmonton)

Run or Walk – 5km or 1km

Steps to join the team:

1. Go to the website: <http://www.runfortheCure.com>
2. Under “Registrations and Locations”, click Edmonton
3. Click “Join or Re-Start a Team”
4. Type in our team name “**UofA Pharmacy**” and click “Search for a Team”
5. Click on “UofA Pharmacy” and then “Join UofA Pharmacy’s team”
6. Follow the next steps to complete your registration and then you’ll be all signed up!

If you’ve already signed up as an individual and would like to join our team please contact the Foundation at 1-800-

387-9816, ext 264 or by emailing connect@cbcf.org.

Also, in order to get a Team T-shirt with the team name printed on the back, participants must have fundraised \$150 or more in donations OR paid the \$40 participation fee by September 14th, 2012.

If you have any questions, please do not hesitate to contact **Jereme** (jereme@ualberta.ca) or visit the Run for the Cure website and look under the FAQs.

Thanks everyone!

Jereme Parenteau (jereme@ualberta.ca)

VP CAPSI

Canadian Breast Cancer Foundation CIBC FOR WHAT MATTERS.

Who are you running for?®

Sunday, September 30, 2012
Participate. Donate. Volunteer.
cbcf.org

Canadian Breast Cancer Foundation
CIBC Run for the Cure®

JOIN OUR TEAM!
We invite you, your family and friends to join our Team! Raise funds for the Canadian Breast Cancer Foundation CIBC Run for the Cure and make a difference in the lives of Canadians who have been affected by breast cancer. Register online to be eligible for fantastic fundraising rewards and incentive prizes!

ALBERTA PHARMACY STUDENTS' ASSOCIATION
Team Leader: Jereme Parenteau
Contact: jereme@ualberta.ca



RxA Update



Hello and welcome back fellow “Pharmers!”

Alas, summer has ended and another exciting school year is upon us. To start, here is an update from the Alberta Pharmacists’ Association (RxA) that informs you of what will be happening in the fall.

For the incoming class of 2016 and pharmacy students who are not currently RxA members, sign-up for your complimentary membership at http://www.rxa.ca/n_BecomingMember/StudentBenefits.aspx. Membership will allow you access to the RxA website and let you receive up-to-date communication on what’s going on in the profession.



The 2012/2013 Board of Directors have been elected and will be inducted at the Annual General Meeting in Calgary on September 29, 2012.

Registration is now open for the RxA Fall PD Event, ‘Trusted Partners in Health.’ It will be held in Calgary on Saturday, September 29th. Student members get a special discounted rate to attend! To find out more about this year’s program go to www.rxa.ca and click on Continuing Education & Events.

I am excited to announce that on **October 11 from 12-1 PM, Jeff Whissell from RxA will be delivering a presentation about the new Pharmacy Services Framework.** On July 1, 2012, a new Pharmacy Services Framework, jointly developed by the RxA and the

Government of Alberta was implemented which will further support pharmacists’ active role in advancing Albertans’ health. There will be an opportunity at the end of the presentation to ask questions. Students will be able to sign up to attend the presentation closer to the date.

Light refreshments will be provided! For more information visit, www.rxa.ca.

As your RxA Student representation please contact me at dowoo@ualberta.ca if there is anything you need! I am looking forward to engaging and working with all of you this upcoming school year!

Douglas Owoo (pictured)
RxA Student Representative – incoming

Sheldon Chow
RxA Student Representative – outgoing



CSHP Update



Hi everyone! My name is Sheldon Chow and I am excited to be your CSHP-AB Student Representative for this year! For those of you who don't know, the Canadian Society of Hospital Pharmacists (CSHP) is a dynamic society which serves as an influential voice for hospital pharmacy. As a student, becoming involved with the organization allows you to learn more about unique practice areas and provides opportunities to meet with hospital practitioners. Currently, I am entering my third year of pharmacy and I am proud to be involved in this changing and evolving profession devoted to patient-centred care. My interests/hobbies include badminton, jogging, watching movies, travelling with family, and cheering on the Edmonton Eskimos and Edmonton Oilers. I look forward to meeting you in the school year.



Here is an update from CSHP that informs you of what is happening this fall.

To begin with, the CSHP membership drive will be held this fall. Membership for CSHP is not included with your APSA membership, and needs to be submitted separately. Fortunately, we will be holding a membership drive on September 24 where you can enjoy a **reduced student membership fee of \$51.66!**

One of the awesome benefits of becoming a CSHP member is having the opportunity to participate in the mentorship program. It provides student members a CSHP -AB pharmacist member to communicate with and allows students to learn more about career options available to

them after graduation. Interested in cardiology, pediatrics or a specific area of pharmacy practice? Well this could be your opportunity to shadow within a hospital or other health care related settings and increase your awareness!

Furthermore, there is the CSHP - CAPSI Hospital Pharmacy Student Award that recognizes pharmacy students who show promise as future hospital pharmacy practitioners through their student activities or their experiential training in direct patient care, research or education.

The recipient is recognized at the CAPSI's Professional Development Week (PDW) Conference with travel costs provided by CSHP. The recipient is presented with a plaque and a cash award of \$500.

To apply for this award, candidates are required to complete the online application form documenting their achievements in several key criteria areas, which is signed by their preceptor or supervisor who can provide an independent validation of the student's contribution to hospital pharmacy practice. For application forms, visit the [CSHP website](#). Applications and signature forms will be accepted until **Monday, October 1, 2012**.

Sheldon Chow (pictured)

CSHP Student Representative – incoming

Muna Shoblak

CSHP Student Representative – outgoing

HSSA Update



Hello pharmacy students!

I hope you had an extraordinary summer. If we haven't met, my name is Emily Yu and I am APSA's Interprofessional Director. This year, I also have the pleasure of being Co-President of the Health Sciences Students' Association (HSSA), and I hope that I will be able to bring you even more opportunities in interdisciplinary learning and experience.

As a quick overview, HSSA is an umbrella group for all of the health science faculties with goals of bringing together students of the different health disciplines through a variety of academic and social events. There is an exciting line-up of events coming up this year, such as:



- Interdisciplinary Iron Chef Competition: This friendly competition has returned! It did not take place last year, but although the date is undecided, prepare to go head-to-head with the other health professions in a battle of culinary expertise and fun.

- Lock-and-Key Party: This was easily last year's favourite event. It will be taking place in October again, and be sure to pick up a lock or key with your ticket and find your match at the party! The first few lock-and-key matching couples will win prizes.

- Monthly hang-outs or TGIFs: HSSA is focusing particularly on social events this year. We will be having casual monthly get-togethers just so you can unwind with a few of your friends from the other professions.

- Advocacy Days: This is an initiative started by a medical student who wanted to see more interdisciplinary cooperation in advocacy issues, such as immigrant and refugee health. The part about this project that stands out the most is that it is possible to get course credit if you are able to form a team of students from other health professions and prepare a project together. Come by ECHA at 4:30pm on September 21st for more information.

These are only a few of the exciting interprofessional opportunities that will be taking place this year. HSSA is currently working together with the Health Sciences Council and the managers of HSERC to expand the Interprofessional Launch for first year students in which they will have to go through a patient care challenge and a case simulation with students from other health professions; for those of you not in first year, there will be a call for volunteers and lab facilitators coming up in the near future. A newer event also held by this same collaboration is the House of Horrors, which will be taking place around Halloween. Rather than the traditional haunted house, this house will be featuring many different health care "horrors" (hint: think awful patient safety!) as cases that you will have to solve with your interdisciplinary team.

HSSA has also been acting as a liaison with the ECHA Administrative staff to improve the use of space and the Student Commons area of the building. For your homemade lunches, I encourage you to take advantage of the refrigerator in the Nutrition Nook (by the Student Commons) and the microwaves that will soon be installed on every floor.

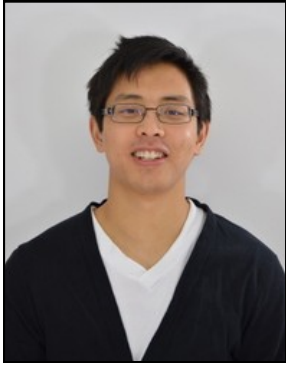
InterD 410 is a course that most pharmacy students are familiar with. There are many aspects of this course that can be improved on, and there is a Discussion Group that is focused on addressing these issues. This group will be made up of course coordinators and student representatives from all of the health faculties who have taken InterD 410. I will be serving as the pharmacy representative, so please forward any constructive feedback you have for the course to me.

I will be keeping you updated with any new advancements or opportunities regarding interprofessionalism. Enjoy your September and best of luck!

Cheers,

Emily Yu
Interprofessional Director
Alberta Pharmacy Students' Association (APSA)
ewyu@ualberta.ca

GFC and SU Updates



HELlo...

I'm **Chris Chen** and I'm your General Faculties Councillor for the 2012-13 academic year. General Faculties Council (GFC) is one of the more powerful governing bodies on campus that is responsible for setting many of the University's academic policies.

As the Pharmacy councillor, my job is to represent your interests and inform you of any major changes. The only update for the summer is that the University has altered some academic policies regarding grading. The previous policy would have led some to believe that the University mandates all classes to be graded on a curve, however, the University did not mean for such an interpretation to arise and in fact does not mandate all classes to be graded on a curve. The policy has been reworded to prevent further misunderstandings. Check out the post entitled "GFC Policies Update" on myapsa.ca for more. I'll keep you updated on any other happenings but in the meantime, if you have any questions about academic policy, GFC or how the University runs, feel free to catch me in the hallway, at a Pharmacy shindig or email me at cbchen@ualberta.ca.

Don't Look Back in Anger,

Chris



Hi everyone!

I would like to extend a warm welcome to the class of 2016 on behalf of the Students' Union! I hope you are ready to get your pharm on.

Over the summer, the Students' Union (SU) Council had a chance to become familiar with Council proceedings and structure. In June, many councillors, including myself, spent a weekend at Pigeon Lake on the SU Council retreat. I had the opportunity to get to know the other councillors and executives, as well as gain insight on student governance and the SU's goals for this year.

For this upcoming year, I am hoping our faculty makes their presence felt at many SU events such as AntiFreeze and Campus Cup. SU is also hoping to host new events: a music festival in the spring and a campus musical. Watch for my announcements about these events throughout the year.

Executives will also be working towards finalizing details of the SUB renovations, fall reading break and the physical activity and wellness (PAW) center.

Council meets every second Tuesday at 6 PM (with hot dinner provided!), and I encourage anyone who is interested in attending to email me for more details (you can even ask me what is on the menu). You can also check su.ualberta.ca for the Council agenda and proceedings.

Anything else about SU on your mind? Fire me off an email, or feel free to stop me in the hallways.

Happy New (School) Year!

Sincerely,

Sarah Choudhry

SU-Pharmacy Councillor

Orientation 2012





Thank you to our Yearbook Editors, Sujin Kim and Cathy Yoo, for taking these photos as well as the cover photo of this issue!



Welcome back from a fellow pharmer!

Hey ya'll! Hummm, Hey y'all? Contractions were never my strong point, but I think I got a pair of gorgeous editors to help me ;)

I hope everyone took full advantage of the sunny days of summer! Now that days have started to get shorter and the air is getting nipier, we know it's time for our yearly migration back to

campus. But whether you spent your summer as a workaholic (racking in the dough and giving your brain a daily workout) or a restaholic, (traveling to exotic places and ridding your mind of pharmacokinetics and medchem structures while taking in some vitamin D) there are



always certain things you look forward to come the start of September. First and foremost, you get to be reunited with your PHARMILY! 100+ friendly faces you haven't seen in 4 months! It's almost like going through withdrawal during the summer and you can't wait to come back to school and get your fix. Secondly, it's going to sounds incredibly nerdy but I know you're thinking it too, to get all learned up! Going into 3rd year I can't wait to learn all about infection diseases, psych and endocrine. I know all you 4th years are reading this thinking "Haha, just you wait..." but for now I'm allowed to be stoked and blissfully ignorant of the challenges to come. Now for the rapid fire reasons: Intramurals (soccer, hockey, ball hockey, frisbee, basketball, volleyball and more. Make sure you sign up!),

free BBQs , the welcome reception and TGIFs. Whew, and that's all just in September! Oh, and is it horribly cruel that I'm also excited to badger all the first years with the ultimate question of all time, "So why did you choose pharmacy?"

Looking forward making some more great memories with y'all!

Sandy Goodier, Class of 2014

-Wherever you go, no matter what the weather, always bring your own sunshine.

Anthony J. D'Angelo



The Happy Pharmacy Student



As September rolls around and another first day approaches, I have started thinking about the upcoming school year. Oh how I have missed Dent/Pharm that historic building we all love, with its uniqueness and old beauty. There is just something special about sitting in a lecture room like DP 2104 or 6069, not to mention the quality learning that goes on within these walls! Each class has exciting and interesting therapeutic modules

to look forward to. I myself am particularly anticipating the Endocrine and Infectious Diseases modules. Which brings me to comment on the excellent professors who work so hard to pass on their knowledge and expertise in each of the classes, teaching us to be the best pharmacists that we can be. We are so fortunate to be taught by the likes of Dr. Scot Simpson, Dr. Sharon Mitchell, and more! Also, correct me if I am wrong, but I believe that Professor Sanghera will be back this year! Boy you first years are a lucky bunch to have her back!!! And speaking of first years, it is always such a treat to meet these fine young men and women who will be joining us in the "Pharmily"! I can't wait to see their eager faces walking around as they learn to navigate the halls of DP. But even more than that I can't wait to see all the classmates and friends that have been missed over the summer months! I just know that together we are going to have the best year yet! There are so many great activities to look forward to... TGIF days, board game or movie nights (and whatever else our fabulous social reps come up with), intramural teams, Mr. Pharmacy, the Blue and Gold ball, and much, much more. Along with our social reps that I just made mention of, I must give much credit to the amazing group of people who make up this year's APSA council. They are going to have a big part in this fabulous year that I just know we are all about to have!

So without further ado, don't let the upset pharmacy student get you down. I look forward to meeting all you first years! And to all my fellow students get ready to have a fantastic year working, playing, partying, and studying together! Until next time...

-Stephanie Crooks (SC)



The Upset Pharmacy Student

Just like SC, as the new school year is fast approaching I have begun to think about what awaits all us pharmacy students back at old Dent/Pharm. Ah DP 2104, where you just might have a cockroach fall from the roof, or DP 6069 (better known as "the hot room") where you will most likely pass out from heat exhaustion. No, can't say I am looking forward to life back in those walls. Surely us poor pharmacy students will move to Katz or ECHA one day, as our dentistry counterparts have. And sure we have much "great stuff" to learn in our upcoming modules, but just think of the hours upon hours of studying and working on group projects that SC failed to mention! Looking forward to the eager faces of the first years? More like their bewildered faces as they wander around trying to figure out the staircases, or find their locker in the middle of nowhere! Now, it is true that I am excited to see my classmates, but let's not kid ourselves; we won't have much time for fun activities if we plan to pass Professor Pasay's 330 or 430 lab class!!!



Well I better end these ramblings before I have scared off all of our poor little first years! Until next time...

-Heber and Patrick

Curiosity

By Karen Hagen

There are some years which have so much happen in them that they stand out for the rest of your life. For me, 1989 is an unforgettable year. I remember the Berlin wall falling, Khomeni issuing a price on Rushdie's head (then later passing away himself), the Tiananmen square massacre and the Tank Man, and Voyager beaming back live images from its' Neptune fly-by.



What amazed me about the latter event was that it was something that I got to see on my 9" television, real time along with everyone else in the world *for the first time*. Humans had never seen Neptune this close before, in this much detail. Ever. This past summer I had the privilege to another truly amazing event. I watched a group of scientists sit back and sweat nervously while a robotic, multistage planetary exploration vehicle landed itself on Mars. On August 6th, Curiosity landed in Gale Crater on Mars pretty much where it was told to, relying on sophisticated technology, a pre-determined computer program and its own minor adjustments to accomplish that program. And then it tweeted about it.

The science and technology in Curiosity is top notch. The lab makes decisions using very rudimentary artificial intelligence routines and monitors its own vitals. A few days prior to writing this, Curiosity installed its own software to run the robotic arm and drive over the Martian landscape. Aside from the absolute bad-ass science and engineering that went into this mission and the beautiful images we're receiving, however, what fascinates me is how Curiosity has been personified. For example, during landing the tone signal used to track the

vehicle was referred to as a "heartbeat". Curiosity just gave a Twitter shoutout to its (her? his?) 1 million followers, and uses emoticons and "lolz". (In actual fact the voice of Curiosity is in fact a group of JPL employees, but that doesn't change the fact that we're treating this very sophisticated piece of software and hardware like a sentient being.)

For me, this recalls firstly the scene at the end of the Wizard of Oz where a little old man tried to pass himself off as something else using technology. I also can't help but think AARON, a computer program who has been painting art for over 40 years. It also recalls the hydraulic automata in the Villa di Pratolino and the various hydraulic and biomechanical automata we've invented over the centuries including the most recent which can draw an accurate portrait after processing a photograph of a human face.

So - is Curiosity "alive"? No. We're not passing the Turing test here by a long shot. But it seems Curiosity is yet another step along humanity's path to develop machines that move and think on their own. Curiosity itself has no personality, but we are willing to pretend that it does, ask it questions and become its "followers". And here's the thing - we *could* put more AI onboard and install a Chatbot on Curiosity to let it run its Twitter feed if we wanted to - it's just at this point the potential risk and cost would be too high, in addition to the fact that the mission is firmly grounded in science - not entertainment. So for now, a tweeting Curiosity is a cute and clever attention-getting media stunt, but I think it also speaks volumes about our values and beliefs. It certainly blurs the line between reality and imagination and I expect this border will become even fuzzier as we continue to delve into and rely on technology. It will be fascinating to see how these kinds of situations become more common and accepted in the future.

Karen Hagen

Third Year Pharmacy Student

Greetings and Salutations to all

Pharmacy Students!

Welcome back!

You have just been introduced to the PQ's first ever WELLNESS column, brought to you by APSA's new Wellness Committee!

The Wellness Committee consists of **Tara Leong** and **Jessica Pynch**, and we think your overall wellbeing and happiness should always be a priority. This year will be filled with awesome Stress Relief events, and a regular PQ column dedicated to the health and happiness of pharmacy students.

Things to look forward to this year from your Wellness committee:

- Free massages (by professionals, not us wannabes)
- Holiday Cheer
- Pet Therapy
- Laughter Yoga

It's always difficult at the beginning to the year to get back in the swing of things, but if you start off right then you won't have to spend the rest of the year catching up. Take it from someone who learned the hard way: stressing out and scrambling is never fun - stay on top of things right from the start!

Here are a few tips and tricks that we've learned over the years to help keep your mind and body happy:

Stay organized! Use an agenda - you may feel like you're in grade school again, but jotting things down will not only provide a physical reminder, it will also help commit things to memory. Your agenda can be used for other things as well as for school (e.g. appointments, social events, meetings). Plus, CAPSI gives you one for free!

Get enough sleep. Some people can function on 6 hours of sleep (it really is not fair, but it's true) while others of us need closer to 9 or 10. Find out what your body needs and consider it a little gift to yourself everyday :)



Find balance - work hard and play hard, but make sure you get enough of both done. Everyone needs a life outside of school. Don't forget about who you are and do the things you love for a set period of time every week. Everyone hates a keener.

Prioritize! Don't just focus on academics. Sometimes sleep is more important than studying. Sometimes taking a shower will make everyone like you more. Sometimes your physique feels forgotten. Learn to know what's most important, and yes, unfortunately sometimes that is hitting the books. But remember, smiling should always be number 1!

Ask for help when you need it. Being a student can be tough, but you can always count on your pharmily for support. Whether it's academic or personal (or somewhere in between!), your classmates and friends can help get you through it.

Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity. ~World Health Organization, 1948

We hope you enjoyed our first Wellness column! If you're interested in getting involved in our Wellness initiatives, feel free to contact either of us at taleong@ualberta.ca or pyrch@ualberta.ca.

Until next time,

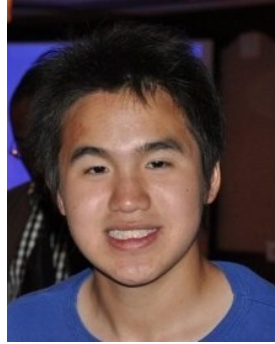
Tara and Jess

Wellness Committee

PHARMESPAN— Sports Debates

Should professionals compete in the Olympics?

Mark: I think the Olympics are for the best, so professionals should be allowed to attend. Would there even be any hype if there were no superstars in some of the team sports? If they send amateurs in these sports, imagine the decline in TV viewer ratings. Amateurs do not create the same spectacle that a Sidney Crosby or a LeBron James can produce. For a lot of sports, each country sends their best athletes to represent them, so why should professionals ever be excluded? I know if I get beat, I would want to improve, so allowing professionals to compete will only increase the standard of competition.



Not to mention, it's amazing to see all these superstars in one venue. Where else can I see Kobe Bryant and LeBron on the same team having a drink with the great Roger Federer and Usain Bolt. It just won't happen if we don't allow professionals at the Olympics. Lastly, there is so much ambiguity in classifying an athlete as a professional or an amateur. Is Usain Bolt or Michael Phelps going to be considered amateur athletes simply because they don't compete in organized running or swimming leagues? In my opinion, they are professional athletes and I'm thankful for the performances they have given.

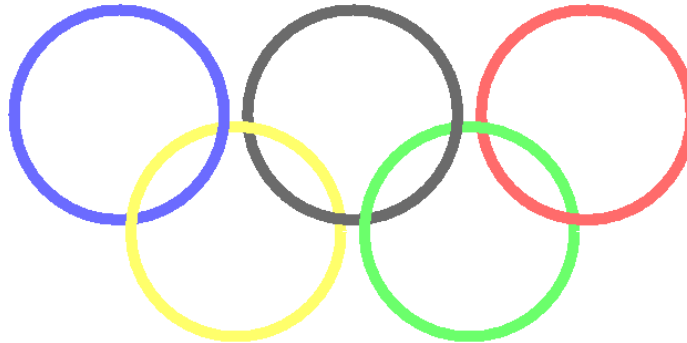
Vincent: I disagree with some of these statements and am torn on whether professionals should compete. I do see the aspect of creating a spectacle – the excitement between the Canada-USA hockey final put me at the edge of my seat and manly tears were shed that game.

But at the same time it is not fair for so many countries. First off, the Olympics are a venue for amateurs. This Olympics, we had the "Dream Team" for Basketball routing the Nigerian Team 156-73. This just demonstrates the difference in skill and is it really fair that we had Carmelo Anthony break records at the expense of amateurs. The difference in skill levels is far too immense and

it takes away from the competitive edge. In basketball, we already know the likes of USA, Spain, and Argentina are powerhouses and this takes away from the competition. Or take Ice Hockey for example,

Canada, USA, Russia, and Sweden always dominate. Let's try giving the underdogs like Latvia more of a chance.

Now what about amateur athlete exposure? If professionals are allowed to compete, then they get the headlines. We all know Crosby got the game winning goal, but a magical moment could have been created for an amateur player had he played hero for the country instead of the superstars we already follow and love.



PHARMESPN – Sports Debates

Team with best NHL off season?

Mark: I'm a bit stuck between the Minnesota Wild and Carolina Hurricanes. Not only did the Wild get the two best free agents in Zach Parise and Ryan Suter, they managed to lock them up with identical 13-year contracts. This solidifies their #1D position and gives them another top flight winger. With Parise tagging along with the Canadian-loved Dany Heatley, Wild fans should already be salivating. These moves show that Minnesota can attract free agents and that their management is willing to compete.

Carolina on the other hand, makes a move which keeps their captain, Eric Staal, happy by trading for his brother Jordan Staal. They sign him to a long term 10 year deal and did not have to mortgage their future in the process. On top of that, they also go about signing an enigmatic winger in Alex Semin, who will flank the Staal brothers and form a legitimate first line.

Although he may be inconsistent and have 'questionable' work ethic, his talent is undoubtedly there. Semin will simply be let go if he fails to perform this year, so signing this top-end sniper to a hefty one year deal doesn't hurt the team. It provides depth and interchangeability within the team's top 6 forward positions; joining the likes of the Staal brothers, Jokinen, Ruutu, and Skinner.



Vincent: Even though they may not be in the contention for the playoffs or the cup this season, I think the Edmonton Oilers have made the best off-season moves. They got another young talent in the one and only Nail Yakupov, solidifying their scoring core with the Nuge-Hall-Ebs-Yakupov combination. It's just a handful for any team to contend with (TWSS).

Also, we addressed everyone's primary concern... WE NEED AN OFFENSIVE PUCK MOVING DMAN. This has been addressed by the addition of the blue chip prospect, Justin Schultz. He defected from Anaheim and was drafted with the Oiler's second round pick that we gave up for Penner. So really it went full circle and we added an amazing young defensive prospect (think Jake Gardiner). More importantly, it shows that players are willing to come here to Edmonton. Gone are the days of the Heatley or Hossa debacles. Free agents will want to sign here with the abundance of magnificent young talent we have.

Finally, I think that the Gagner and Petry deals were much needed signings. They are short term, but avoiding arbitration and keeping these two pieces are important. I still have high hopes that Gagner will be the 2nd-line center we need, I mean just look at what he is capable of. One historical night resulted in him being named all 3 stars of a game. As for Petry, we need him to complement Whitney, Smid and Schultz in solidifying the defense. With young talent developing in our system (Klefbom, Marincin, and Musil) Petry is still a solid piece of the puzzle going forward for this Edmonton team.

Mark Cheung, Third Year Pharmacy Student

Vincent Ha, Third Year Pharmacy Student (and Male Sports Representative)

Card-Making Tutorial

Today, I'm going to show you one of my favorite card designs.

It looks nice, it's easy to make, doesn't take a lot of time (bonus if you need a card last minute but need to study for an exam the next day), doesn't really require specialized card-making supplies (= cheaper!!!), but lets me use up some of the random scraps of patterned paper that I have lying around. Best of all, this design is completely adaptable to whatever occasion you want to make it for – substitute red/green papers and you get a Christmas card, red/pink papers and you get a Valentine's Day card; use darker, more muted colors for a more masculine looking card, and brighter colors for a more feminine card (hate to gender stereotype, but I find that the bright cards I make for males typically do not end up well). I've probably used this design in at least 5 cards I've made so far for various occasions. That's how much I like it. ^_^ This particular card is going to one of the pharmacies I worked at this summer.



Supplies:

- Black card and envelope (You can get black cardstock at the SU Print Store for cheap, and you can get card-sized envelopes at craft stores, stationary stores, or even Dollarama.)
- Lots of patterned paper in a variety of colors, cut into strips of varying widths (My strips ranged anywhere from 5mm to 2cm in width.)
- Cardstock that will cover about a third of your card (Mine was white, but you can choose any color you like, as it will be covered with strips of patterned paper by the end.)
- Strip of black cardstock (Semi-optional – See directions for details.)
- Punched out paper heart and dimensional adhesive (Semi-optional – You will need an accent for your card, but it can be anything like a star, a button, a snowflake for Christmas, etc.)
- Scissors
- Opaque white pen (Gel pens will work if you have some lying around.)
- Double sided tape (I got a bunch from the City Centre Dollarama once. Southgate/WEM/Whyte Ave Dollaramas don't have them, apparently. =/)
- Glitter glue (Optional – I just like adding a little bling to my projects.)
- Corner rounder (Optional – One of my favorite crafting tools. ^_^)



Card-Making Tutorial

Instructions:

1. Stick double sided tape along all edges of your piece of white cardstock.

2. Lay down your strips of patterned paper diagonally onto the white cardstock. I find that alternating between different colors and different widths will ensure pleasing designs every time. :)

3. Make sure you cover the entire piece of white cardstock!

4. Turn your project over...

5. ...and trim away the ends of the patterned paper that are poking out. Be extra careful to make straight cuts.

6. Save those strips of paper for another day!

7. Set the colorful design aside for now.

8. Using the white pen, write a sentiment on the strip of black cardstock. I chose to stamp mine instead of hand writing it because my writing is messy...

9. Stick double sided tape onto the bottom of your card.

10. Place one of your wider strips of colored paper along the bottom edge of your card. Then center your sentiment above that. Yes, technically, you can skip this step if you just write the sentiment directly onto the black card. But I find it's easier to write the sentiment on a separate piece of paper that's longer than the width of my card, make sure the sentiment is centered on my card, and then trim off the excess. I'm much less likely to mess up the card that way!

11. Using more double sided tape, stick your colorful mosaic above the sentiment.

12. Add dimensional adhesive onto the paper heart (or add glue to the accent of your choice) and stick it in the top corner of your card.

13. Optional: I added some glitter glue to my paper heart, and rounded the top corner for a finishing touch.

And there's your completed card! :) Usually this type of card takes me about 20 minutes to do. Perfect for a study break!

If you have any questions or comments, feel free to email me at shuwen@ualberta.ca. :)

Until next time!

Shu-Wen Tham, Third Year Pharmacy Student



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!

Quick Shrimp Pizza

Ingredients:

7 shrimps per slice
whole wheat bread
pesto
tomato
spinach
Parmesan cheese
spices to taste

Steps:

1. Grill shrimp in a pan with any spices you may like. I usually use fine herbs and garlic, with a touch of parsley.
2. Spread pesto on bread slices.
3. Layer your component on the bread: spinach, tomato, shrimp, and Parmesan.
4. Broil in oven (or micro-wave oven) until brown.

Suggest pairing with your favourite white wine, mine is Cloud Horse - made in the Okanagan Valley.

Laetitia Brochu, Third Year Pharmacy Student



We would like to thank the following contributors!!

Ken Soong, APSA President

Melissa Chung, APSA Publications Director

Jereme Parenteau, APSA VP CAPSI Senior

Douglas Owoo, APSA RxA Student Representative

Sheldon Chow, APSA CSHP Student Representative

Emily Yu, APSA Interprofessional Director

Chris Chen, General Faculties Councillor

Sarah Choudhry, Students' Union Pharmacy Councillor

Cathy Yoo, APSA Yearbook Editor

Sujin Kim, APSA Yearbook Editor

Sandy Goodier, Third Year Pharmacy Student

Stephanie Crooks, Third Year Pharmacy Student

Karen Hagen, Third Year Pharmacy Student

Tara Leong, APSA VP Student Services

Jessica Pynch, Social Director

Mark Cheung, Third Year Pharmacy Student

Vincent Ha, APSA Male Sports Representative

Shu-Wen Tham, Third Year Pharmacy Student

Laetitia Brochu, Third Year Pharmacy Student



First and second years at APSA's Student Mentor Meet 'n' Greet BBQ on Sept 7!

**HAVE AN
AMAZING
YEAR!**