



The Pitt Capsule

University of Pittsburgh School of Pharmacy

APhA 2010: Students Reflect on the Annual Meeting

By Shailly Shah

Twenty-five of our students represented the University of Pittsburgh at the APhA-ASP Annual Meeting in DC on March 12th-15th. Students attended the House of Delegates to voice their opinions on proposed resolutions as well as leadership workshops, organization receptions, education sessions and the exposition during the meeting. Brian Straub participated in the national patient counseling competition and Kate Steward was our chapter delegate for the House of Delegates. Elizabeth Van Olden presented her poster on Pitt's Project Chance initiative. And most remarkably, our very own Steven Zona was inducted as national President of APhA-ASP. The chapter was awarded the IPSF Outstanding Activity Award as well as a membership award.

You might wonder why you would want to spend an entire weekend going to a bunch of workshops and meetings. In fact, that's exactly what a lot of our students thought before attending the meeting. But after the experience, here's what they have to say about it:



"The Annual Meeting really surpassed all of my expectations! After seeing all of the public health projects from other schools, I felt really excited to get the ball rolling next year. Moreover, I had a great time with our chapter during our down time outside the conference sessions. I got to see the city, have dinner with the Dean, and celebrate St. Patty's day in the nation's capitol. Who can put a price on that?"

-Alicia Lichvar, P1



"Building a career takes more than sitting in didactic sessions five days a week. By taking advantage of the opportunities out there - networking, positions, research grants, travel, conferences, etc. - I have gained more experience, met more people, and learned more than I ever could have in a classroom setting alone."

-Mike Smith, P3

"I got to learn so much more about what APhA-ASP is all about and see a wealth of student pharmacists from all over the nation ready to change and positively impact our profession. Plus, it gave me the chance to get to know people from our school (in and out of my class) much better!"

-Dan Yarabinec, P2

"At the meeting, I learned what exactly APhA-ASP is about. The events and projects students participate in across the US is amazing! Great learning experience!!"

-Kajal Patel, P1

"It was interesting to hear about events other schools were hosting, such as holding a blood pressure screening at the gates of an NFL game. I'd never consider myself to be a fan of politics, but voting on policies was interesting because it forced me to think about the issues and develop my own stance on things."

-Katelyn Schultz, P2

"It was crazy to see over 2000 students working together in just one room."

-Kristina Sucic, P2

"I think one of the main benefits of going to the an-



nual meeting is inspiration. You get the chance to see what students from around the country are doing to advance the profession and how you can begin similar, better initiatives at your own school."

-Karen Soong, P2

The annual meeting is only one reason to be an active member of APhA-ASP. APhA-ASP offers a wide range of career development tools, engages you in experiences of pharmacy that you may have never thought about, and gives you a chance to meet thousands of other student pharmacists across the country. Participating in patient care projects helps you learn beyond the books, gain hands on experiences



with patients, and allows you to get to know your classmates and faculty outside the classroom. SPAN meetings keep you up to date on what's happening politically with our profession—the things that WILL impact the way you will practice one day. IPSF events connect you globally, and our social events connect you locally. If you haven't found your place in pharmacy school yet, APhA-ASP is something you might want to consider checking out. As the umbrella organization of the school, it can point you in the direction you want your career to go, as well as link you with all the other organizations in the school. Getting involved will help you figure out where you belong in the world of pharmacy and help you find new interests and new friends. Your new APhA-ASP board has begun planning activities for next year, and is very excited to see you actively participate! Remember, it is NEVER too late to get involved!

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The Pitt Capsule

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Operation Diabetes: Mission Accomplished!

By Summer Stairs

One of this year’s largest ASP Patient Care projects was Operation Diabetes. According to the NIH, 23.6 million Americans have diabetes, while only 17.9 million are diagnosed. That means that 5.7 million people are unaware of the serious disease harming their body.

The goal of this program was to increase awareness of risk factors associated with diabetes. In the community, students gathered information to evaluate blood pressures, BMI, and then calculate a diabetes risk score.

Students learned about diabetes by completing modules on DM Educate, attending a lecture from Dr. Drab, support from Dr. McGivney, and by listening to the patients’ own stories. Students also learned how to effectively communicate with patients, became proficient in taking blood pressures, and became comfortable with referring patients to their physician if they were at an increased risk.

Throughout the semester students screened patients at local community pharmacies including CVS, Giant Eagle, Walgreens, Rite Aid, and Falk Pharmacy. Students screened over 275 patients in Pittsburgh! There were a total of 33 screening dates, with nearly all screening sessions being 3 hours. That means that students dedicated 95 hours to patient care in just 3 months!

I would like to congratulate the following participants for all of their time and effort in screening patients in the Pittsburgh community for their risk of diabetes:

Allison Astor, Jenny Bacci, Jacqui Bass, Michelle Bert, Melissa Bertosh, Mariam Bora, Anne Butera, Andrew Clark, Aaron Daily, Brenden Dimond, Michele Doan, Sarah Dombrowski, Hannah Dutenhoeffer, AnaElmiger, Jaime Genovese, Svetlana Goldman, Jesse Grossi, Ashley Haddad, Nicole Hemmann, Lauren Hunt, Indrani Kar, Kristy Klima, Courtney Kominek, Nadia Kudla, Kelly Kurtz, Cortlynn Latsha, Morgan Lee, CC Li, Alicia Lichvar, Natalie Lubinsky, Krista Manson, Connie Martenak, Lindsay McCartney, Laura Mincemeyer, Laura Muchesko, Jonna Munroe, Kajal



**American Pharmacists Association
 Academy of Student Pharmacists**

Patel, Roshni Patel, Jenn Plank, Katherine Rodman, Andrea Roman, Julia Sasanko, Katelyn Schultz, Megan Sculley, Shailly Shah, Marina Shkayeva Katie Simms, Jennifer Smith, Zack Snyder, Karen Soong, Summer Stairs, Lauren Stanchak, Kate Steward, Julie Styche, Kristina Sucic, Kailey Troutman, Elyse Weitzman, Tom Wolfel, Kathy Zhang, Staci Ziobert

As promised earlier, everyone in the school will receive a prize for supporting the “Wear Blue” day and for collectively making this event a success. The school has graciously funded diabetes awareness pins for each student to put on their white coat to make Pitt known for all of the work we do with diabetes. These pins will be distributed on Monday, April 19th. I would also like to invite all students to participate in the Juvenile Diabetes Research Foundation International (JDRF) Diabetes Walk on September 11th at Flagstaff Hill. As I understand it, Duquesne always beats us in student participation... I think we can all change that this year. Look for more information on this to come in the fall.

Operation Diabetes will likely be continued in the fall, as long as the support from community pharmacies continues. Everyone is encouraged to participate, regardless of whether or not you participated this semester. Stay tuned for more details in August.

As a reminder, the wrap-up meeting will be Monday, April 19th from 12-1pm in 457. I hope to see all current participants there. We will be having lunch, awarding prizes, and announcing the top team that will win the grand prize dinner with Dr. Smith.

Congratulations again on a job well done!

From Your APhA-ASP President...

By Alexa Ray

As the school year draws to a close, APhA-ASP is preparing to wrap up a year full of successful events and projects. A special congratulations is due to the ASP Executive board members who worked so hard this year to make their goals come to fruition! The Patient Care Committee, led by Liz van Olden and Summer Stairs, successfully planned and implemented an Operation Diabetes project from the ground up in addition to expanding Project CHANCE from a mental health screening project to a dual mental health and smoking cessation program.

The Social Committee, led by Natalie Pappas, planned a record-breaking pharmacy formal alongside a jam-packed Pharmacy Weeks schedule, and the SPAN committee, chaired by Kate Steward, represented our chapter well at the APhA-ASP Midyear Regional Meeting as well as the APhA Annual Meeting and Exposition.

Historian Tim Mizak continued the legacy of the Pitt Capsule, adding his own flair and technological capabilities to make the student newsletter even better.

Secretary/Treasurer Michelle Bert kept chapter finances and business straight while keeping an ongoing report of all

chapter activities, while Jenny Bacci, as Chair to the Professional Council, helped keep us in touch with the Graduate and Professional Student Association.

IPSF held at least one global-health related event per month, continued and improved the six-week Medical Spanish Classes, and raised a record amount of money for World Water Week. All in all, an extremely successful year!

I would like to offer my congratulations to the incoming APhA-ASP Executive Board, which will be led in the coming year by President Shailly Shah. I am confident that Shailly and the rest of the board will do great things and continue to

build and improve upon our past success.

If you have not been involved with ASP in the past, it's not too late! Next year's Executive Board will undoubtedly continue the strong tradition of engaging the student body in professional activities.

Take advantage of all that ASP has to offer! Challenge yourself to step outside of your comfort zone, get involved in something outside of the classroom, and believe in your ability to make great things happen!

Along the way, you just might experience a new level of personal and professional development that you didn't think possible.

Here's to a great year of accomplishments, and many more to come!



SNPhA Updates

By Julia Schnippert

SNPhA is looking forward to helping serve the community with a number of projects for the underserved in April. All of you are welcome to participate! These events are approved for Experiential Learning hours, are great portfolio builders, and have proven to be very personally rewarding in the past.

Our upcoming events include:

Investing Now: Saturday, April 10- Helping high school students explore the profession of Pharmacy

2nd Annual Health and Wellness Expo: Saturday, April 17- This is an interdisciplinary health fair held at the Kingsley Association in East Liberty. Pitt SNPhA will be offering blood pressure screenings.

MTM at Kingsley Association: Friday, April 23- We will provide MTM services to pre-registered patients

Healing Our Village MTM Services: April 2010 through October 2011- Dr. Lenore Coleman, member of NPhA, has set up MTM services at 6 sites in Pittsburgh focusing on diabetes education

Please contact Adam Martin anm74@pitt.edu or Julia Schnippert jus37@pitt.edu if you are interested in participating in any of these events.

Good Luck with finals!! Have a fun and safe summer!!

PLS Updates

By Anastasia Elmiger

March 23rd marked an exciting day for PLS, as we celebrated the addition of eleven new members! We were joined by faculty members, Rho Chi inductees family and friends to celebrate the occasion. In addition, the new executive board members were sworn into office. Our current President, Summer Stairs, was recognized as the 2009-2010 Member of the Year- congratulations Summer and thank you for your hard work and dedication to the organization!

Another exciting day was March 20th, when PLS pulverized Rho Chi in the 1st Annual Paintball Challenge! PLS looks forward to a repeat performance next year!

Have a
Great
Summer
from APhA-ASP!
See You in the Fall!



PPA Participates in Pharmacy Legislative Day

By Nick Wytiaz

Pharmacists and students pharmacists from across Pennsylvania came out to Harrisburg on March 24 to demonstrate how pharmacists can save healthcare dollars and improve public health outcomes. Seven students (Svetlana Goldman, Ruth Seifert, Marina Shkayeva, Summer Stairs, Elyse Weitzman, and Nick Wytiaz) and three residents (Dr. Melinda Kozminski, Dr. Brooke Lowry, and Dr. Shannon McLaughlin) represented the University of Pittsburgh at the Capitol.

The day began with a continental breakfast in the East Wing Rotunda followed by screenings, displays, and information provided by Pennsylvania's seven schools of pharmacy. Legislators, lobbyist, and visitors learned to take better care of their health by participating in blood pressure and blood glucose screenings and medication reviews.

In addition, the pharmacy schools provided attendees with information on diabetes management, smoking cessation, hypertension, immunization awareness, medication reviews, collaborative practice in community, and poison prevention.

The students and residents met several different legislators and staffers to discuss important issues of the profession. During the meetings, the conversation focused on current bills such as HB 1041, Scope of Practice, which will extend collaborative



Student pharmacists, residents, and pharmacists gathered in the East Rotunda of the Capitol Building

practice agreements between pharmacists and physicians from institutional settings into the community, and HB 882, Fair Audits, which will require that private and government payors to follow uniform, fair standards when conducting pharmacy audits.

Students also stressed the importance of preserving the patient's freedom of choice by prohibiting mandatory mail order and eliminating the age restriction on pharmacist provided immunizations.

The day-long event was a great opportunity for students and pharmacists to have their voices heard, to stress the significance of issues facing pharmacy today, and to take a crucial step in advancing the profession.

Overall, Pharmacy Legislative Day 2010 was a huge success! Hopefully, even more students will take advantage of this opportunity next year!



★ Lambda Kappa Sigma with APhA-ASP Presents:

What Not to Wear

April 8, 2010

\$5 Admission

7-9 PM

Bake Sale, 50/50

Scaife Lecture Hall #6

Hosted by: Dr. Fabian & Brian Straub

All proceeds benefit **APhA-ASP** Relay for Life team



Lambda Kappa Sigma News

By Hoi Yee Lung

As the semester draws to a close, the sisters of LKS are still busy planning various events while anxiously awaiting summer break and rotations. Congratulations to the new 2010-2011 officers: Justine Parker (President), Jess Elefritz (Vice President), Sam Allen (Treasurer), Katie Simms (Recording Secretary), Kailey Troutman (Corresponding Secretary), Maria Kane and Heather Lezanic (Fundraising co-chairs), Amanda Johnson and Katie Simms (Professional Projects co-chairs), Hannah Sidelinger and Kristi Sadowski (Recruitment co-chairs), Jonna Munroe and Kristen James (Service co-chairs), Glenna Shutzberg and Kelly Luzi (New Membership co-chairs), Kelly Kurtz and Jen Smith (Social co-chairs), and Katrina Zook (Historian).

We would like to thank everyone who donated to the National Ovarian

Cancer Coalition during Hygeia Day on March 30th. Lynn Giglione, a registered nurse and a 10 year survivor of ovarian cancer, shared her story and her commitment to raising awareness about the disease and providing hope to newly diagnosed patients and survivors. Thanks again for making the event a success!

As mentioned in last month's article, community service events have been a major focus for this semester. Lambda Kappa Sigma, along with APhA-ASP, would like to invite you to the *What Not to Wear* charity fundraising event benefiting the School of Pharmacy's Relay for Life team. The event, hosted by Brian Straub and Dr. Fabian, is scheduled for Thursday, April 8th at 7PM in Scaife Hall Lecture Room #6. The purpose of this event is to promote professionalism, to provide insight on proper attire in various situations, and most

importantly, to entertain SOP students! Come out and support a great cause while watching some of our favorite professors model "what NOT to wear" outfits! Admission is \$5 at the door.

Several upcoming social events are planned so that the sisters can celebrate another great year. The powder puff football game versus Kappa Pi is scheduled for Sunday, April 11th. Stay tuned for more details about the location and time - don't miss out on the chance to engage in some friendly competition and to support your fellow teammates! Next, the annual LKS End of the Year Party will be on Thursday, April 15th. We will be honoring the P4 sisters, giving out the superlatives awards and enjoying each other's company before summer break begins.

From all of us at LKS, good luck with the last weeks of classes and finals!

IPSF Updates

By Alexa Ray

Thank you to all students and faculty who supported our World Water Week fundraisers and events! Throughout the week, thanks to your generosity, we raised a grand total of \$1,245 (including a record-breaking \$925 at the Breakfast and Coffee Sale!). To put this number a little more in perspective, we raised enough money to provide **136 people** with access to clean drinking water **for an entire year!** That's an incredible impact for a small team of students and a week's worth of fundraising efforts.

It has been an extremely successful year for IPSF, including a blood pressure screening at the Latino Health Fair in June, two International Pharmacy Experiences student panels in October and November, a World AIDS Day lunch lecture and bake sale in De-

ember, a six-week Medical Spanish course in January and February with 30 pharmacy students enrolled, and a record-breaking World Water Week fundraising effort in March! Thank you to the IPSF committee for helping me to reach (and exceed) my goals for the year. You have been great!

All of our hard work isn't going without recognition—in fact, at the APhA Annual Meeting & Exposition in March, our IPSF Chapter received the Outstanding Activities Award for 2008-2009 out of the 113 schools and colleges of pharmacy nationwide that are members of APhA! This is a huge accomplishment and something to be very proud of, so an enormous thanks goes out to each and every student that contributed to this achievement!

Finally, it is my pleasure to announce that our IPSF Chapter, in collaboration

with the IPSF chapter at Duquesne University, will be hosting four pharmacy exchange students this summer from July 1 – 30th. It is an amazing experience to interact with pharmacy students from around the world, to learn about another culture and another pharmacy system, and to simply show them the best of the Burgh! If you would like to be involved in our social events with the exchange students, shoot me an e-mail at alexajray@gmail.com.

Thank you again to everyone who made this year a great success for IPSF (and for me personally). Julia Sasanko, the IPSF Chairperson for 2010-2011, will undoubtedly continue to build upon our success. Being your IPSF Chairperson been a great experience and I look forward to Julia's vision for next year. IPSF has so many great things to offer, so get involved!

Kappa Psi Updates

By Julie Styche

Spring is finally here and the weather is gorgeous! The Brothers of Kappa Psi kicked off the season by hosting the semi-annual Province II Assembly the weekend of March 19th-20th, which I am pleased to announce was a great success. Brothers from all across the country, including those from other provinces, gathered for a weekend of important meetings and fun social events. Congratulations and good luck to our Beta Kappa Brothers elected to the Province II Executive Committee: Dana Roman, Vice Satrap and Chris Turton, Treasurer.

The month of April will be a busy one for Kappa Psi. The Brothers kicked off the month with a guest speaker, Dr. William E. Klunk, who gave a presentation on Alzheimer's Disease. Kappa Psi is also excited for Pitt's annual Relay for Life on April

9th-10th. Brothers have been working hard on raising money for the cause and will spend the night walking in memory of loved ones lost to cancer as well as in honor of cancer survivors. In addition, the KY ladies are preparing to face the girls of LKS in a powderpuff football game, scheduled for April 11th. Last year's game ended in a stalemate, so Kappa Psi is eager for a win.

The weekend of the 16th and 17th is a big weekend for the chapter: The KY Brothers will be headed down to PNC Park to watch the Pittsburgh Pirates take on the Cincinnati Reds that Friday. The event is open to the entire pharmacy school, and guests are also welcome. Tickets are \$15 each, and \$3 of each ticket will be given to charity. On the



following day, the Kappa Psi Brothers will gather at Edgewood Country Club for their annual spring formal, which will include dinner, awards, dancing and more.

As the semester comes to a close, Kappa Psi would like to congratulate those individuals who received residency matches for the upcoming year and to all P4s as they prepare for graduation. We look forward to returning in August for another great school year.

Updates From Your Class Presidents...

P1 Class Updates

By Alicia Lichvar

As our first year of pharmacy school comes to a close, I have to honestly admit that the Class of 2013 can be summed up in one word--EPIC. Yes, epic.

First, I would like to congratulate all of the P1's that put their leadership prowess to the test and were induced into PLS. It is with extreme pride that I congratulate Elyse Weitzman, Cynthia Bou-Abboud, Indrani Kar, Kailey Troutman, Lindsay McCartney, and Sarah Rindfuss. Additionally, the incredible Lindsay McCartney (my longtime partner in crime) was elected as the PLS president-elect, and Sarah Rindfuss (who I swear has superhuman tendencies) was elected as the new PLS secretary. Congrats again!

Additionally, the "epic-ness" of the P1 class seeped into APhA-ASP. So, a big congrats to Elyse Weitzman for becoming the new president-elect, Kajal Patel for becoming a Patient Care Coordinator, and

Alicia Lichvar (3rd person reference) for becoming one of the Chairs to the Council of Social Activities.

Not to forget, the P1s also epically represented within SNPhA. To keep with the trend of this article, congrats to Kaitlyn You for becoming the vice president of SNPhA and to Elsa Tchakoute for becoming the SNPhA business manager!

Although that covers all of the major accomplishments from recent elections, the P1 class had an extremely successful spring fundraiser. By selling "School of Pharmacy" half-zip fleeces, our class accumulated nearly \$266.40. This brings our class fund to nearly \$1,950, which is an extremely "epic" success!

Overall, as our "P-fun" year comes to a close, I have to honestly admit that I have enjoyed working with classmates, faculty, and staff to make our first year in Salk Hall amazing. Personally, I feel extremely blessed to be part of such a special group of students. Excuse me, not special. Epic! Thanks guys!

P3 Class Updates

By Mike Smith

Rotation selection finalized + ONLY 4 exams left = happy and joyous P3's. Try to find a P3 that isn't smiling and enjoying life at this point. One more Pirates tailgate (because we all know no one is going into the game), and the End-of-the-Year Party before you call us P4's.

Good luck in Salk Hall!

End-of-the-Year Party Details:

When? Wednesday, April 28th from 3:30-7:30

Where? The One and Only PCaf

What? Alcoholic Beverages galore (if you are 21), Non-Alcoholic

Beverages (if you are NOT 21), and plenty of food

Who? ALL students and faculty are invited

Hopefully you all will attend - the Dean will be out on the dance floor!"

Innovative Teaching Methods from Inspirational Faculty

By Svetlana Goldman



While most students may not know exactly what they are interested in when they begin college, Dr. Seybert knew her life passion even in high school. From the beginning, she realized she was interested in cardiology and this passion was confirmed as she took more cardio related courses at Pitt.

Dr. Seybert completed both her Bachelor of Science and post BS Doctor of Pharmacy program at Pitt, and thus has had the pleasure of sitting in classes with some of the same professors as we see every day.

During her rotations in the Doctor of Pharmacy program her experience in the ICU and CCU sparked her interest in Cardiovascular Critical Care. Through this experience she was able to see what pharmacists could do at a patient's bedside. In the CCU, Dr. Seybert was able to see the direct effects of cardiovascular drugs given to a severely ill patient. Being able to dose drugs and see the life saving effects on patients brought all the concepts she learned in school into practice and showed Dr. Seybert the importance of truly understanding the mechanism of action, pharmacokinetics, and pharmacodynamics specific to each agent. "It just made sense", she told me as she described her view on Cardio Critical Care. Furthermore, she enjoyed the teaching aspect of this environment and could see herself being a preceptor for students in the future.

Although Dr. Seybert knew early on what her passion was she did not let this

limit her experiences in other areas of pharmacy. As a student she worked in retail pharmacy, outpatient clinics, and hospitals to broaden her knowledge about different areas of the profession. The various intern, rotation, and work experiences Dr. Seybert engaged in have molded her into the confident practitioner she is today.

After obtaining her PharmD in Pittsburgh she continued her education by completing a Cardiovascular Critical Care Specialty Pharmacotherapy residency at Tampa General Hospital. Dr. Seybert said she had an extensive criteria to pick her residency program, "There must be palm trees, beaches, and of course a hockey team". This clinical based program at a community teaching hospital gave her a chance to work alongside medical residents, engage in patient care, pharmacotherapy consults, and further build her confidence.

During her work experience the most stressful environment involved Dr. Seybert dosing direct thrombin inhibitors in surgical patients. It was extremely stressful not knowing how patients would respond since there existed no treatment protocol. This is where the pharmacokinetics and pharmacology knowledge really came in handy. By understanding bolus and perfusion rates and how to reverse anticoagulation Dr. Seybert used her critical thinking and analytical skills to effectively dose these critically ill patients. She will never forget the fear of this task, "my hands were shaking", she recalls as she remembers this difficult time. But it is through challenging tasks such as these that have boosted her confidence and ability to practice in any environment.

As a faculty member Dr. Seybert has brought a more innovative way of learning through simulation based hands on approaches. Recently, she was awarded the Rho Chi Society most innovative teaching award for her pursuit of more interactive learning methods. While working for the hospital the critical care doctors asked her to program the crash cart medicines into a simulator to teach medical students. She realized this would be a beneficial course for pharmacy students to take and helped establish the current program. Clearly students appreciate her efforts by the numer-

ous emails she receives thanking her for giving them the ability to help save lives by dosing amiodarone correctly or knowing what to do in heart attack situations. Her extreme generosity is evidenced by her focus on the students. When asked what the most rewarding aspect of her work is she answered with no hesitation, "You guys"! Most importantly she loves the challenge of teaching and the impact she makes on every individual student. This impact does not end with the student but is further seen in the life saving experiences each student encounters during their future.

Currently Dr. Seybert is continuing her work in research simulation, improving educational and teaching strategies, and NIH level research involving heparin induced thrombocytopenia. She is involved in improving the portfolio process and assessing the improvements and changes that can be made to the website. As far as her hobbies, most of us know about her obsession with the Penguins. In addition, she admits to a shopping obsession, especially when it comes to buying clothes for her 4 year old daughter and 1 year old son. Also, she is interested in photography, stemming from her father's passion, and loves to take pictures of her family, outdoor scenes, and landscapes. She attributes her qualities, ethics, and morals which have shaped her into the person she is today largely to her mom and dad. As a professional inspiration she looks up to Dean Kroboth for her ability to balance many different roles in her life including clinical practice, research, and department chair.

Dr. Seybert encourages students to try to get as many experiences as possible during their education. Her best advice is to trust the renowned faculty we are fortunate to have and build our foundation for lifelong learning. Most importantly she stresses "You are great students, but need to work on your confidence". As the pharmacy profession moves into providing more cognitive clinical services, interactions with patients, and involvement with management of medications we need to display our confidence and ability to undertake these responsibilities.

Rho Chi Updates

By Morgan Adams

Rho Chi members would like to congratulate all of the P2 student inductees for the 2010 year! The

following P2 students were inducted into Rho Chi on Tuesday, March 23rd at the University Club: **Samantha Allen, Brendan Dimond, Amanda Eckenrode, Jessica Elefritz, Lauren Fisher, Jesse Grossi, Svetlana Goldman, Cory Hall, Shannon Harrison, Courtney Kominek, Daniel Lindsay, Matthew Miller, Edward**

Paiewonsky, Justine Parker, Melissa Ruminski, Kristi Sadowski, Abbey Schram, Katelyn Schultz, Shailly Shah, Jennifer Smith, Brad Stevens, and Thomas Wolfel.

Rho Chi would thank all students for attending the Koch Lecture on Wednesday March 24th given by Dr. Julie Johnson, Pharm.D. from the University of Florida who specializes in cardiology research in the area of pharmacogenomics. She discussed the future of pharmacy in the study of genetics in which she envisions that every patient will have a copy of their genome on their medical file to aid

with both predicting disease states and adjusting medication selection and doses depending on the individual's genetics.

In conjunction with the Dental School, Rho Chi will be hosting a blood drive on Thursday, April 8th from 11-5 in the PCLC. Anyone who attempts to donate will be put into a raffle for a prize! Please consider donating on Thursday!

Rho Chi would like to wish everyone good luck with the rest of the semester!

Rho Chi Student of the Month

Jerry Mascara - P3



Rho Chi would like to congratulate one of its own, P3 student Jerry Mascara, on being selected as the March Student of the Month. Jerry was nominated by his peers for the outstanding work he has done for the School of Pharmacy through his leadership and membership in several student organizations but by also representing the School at state and national conventions.

Jerry is a member of Rho Chi, where he has served as the President for the past year. He has helped Rho Chi to have a more active role in the community by continuing the monthly ARC Health Talks in the South Side and providing health talks to undergraduate students at the University. Jerry also undertook the task of revising and updating the lab cards to be sold to all of the pharmacy students. He was a key member of Rho Chi's Race to Anyplace team to benefit the Leukemia and Lymphoma Society where he rode his heart out for a full two hours for the team. Jerry also belongs to SNPhA and acts as the lower campus liaison, helping to organize events for the undergraduate members who hope to one day be accepted to the School of Pharmacy.

Along with these organizations, Jerry is also an active member of PPA, PLS, and AMCP. After a very valiant effort, Jerry helped to bring home the 1st place trophy in the OTC and Self-Care Competition at the PPA Mid-year conference. He will also be traveling to San Diego to take part in AMCP's National P&T Competition where he hopes to again bring home the gold.

In addition to the significant work he does within the School, Jerry also works as an intern for Giant Eagle and does research with Dr. Gold. Last summer, he did a T32 fellowship with Dr. Ruby at the Benedum Center focusing on geriatric adverse events. He will be presenting the results of his research in May at the American Geriatrics Society.

After finishing up his last semester of classes in April, Jerry will be traveling down to Memphis, Tennessee to gain more experience in the St. Jude's Fellowship Program. He is looking forward to such a great opportunity to learn at the world-renowned children's hospital.

If you see Jerry, be sure to congratulate him on all his hard work and wish him luck in all his future endeavors.

Hurley Associates: Get a Grip on Your Finances



You've worked hard and now many of you are making the transition from pharmacy student to either pharmacy resident or practicing pharmacist. I am sure you have a lot on your mind, all of it important. I would like to suggest though, that you add one more thing to your to do list which is equally important. Before you even collect a paycheck from your new employer, start planning how you will save, spend, manage and protect your future earnings. Over the years I have witnessed what happens when people don't. You may not realize it now, but you will be among America's top income earners – too bad that isn't enough. Earning a high wage does not automatically guarantee financial success. Financial success, like anything worthwhile requires planning and discipline. The following 6 points will help you to get started.

1 Don't wait until you think you have enough money to worry about. *Starting a plan, no matter how small or how basic, helps you get in the right mindset. It helps you develop good money habits and also starts you on the path to understanding how it all works. If you wait until you have enough money to worry about, you've already lost ground.*

2 See what your employer has to offer but don't call it your financial plan.

While employer provided benefits can certainly have value, they are not a financial plan. Think of them as an enhancement to your personal planning. With the rising costs of benefit plans it is not unusual for employers to change the benefits they offer. What happens when your employer cuts your benefits? Worse yet, what happens when you leave your job and leave the benefits behind? Be prepared to take care of yourself, and look at your employer's plan as a supplement.

3 Have short term, midterm and long term objectives.

All of your money shouldn't go in one bucket. Think about what you want your life to look like and then determine a rough timeline for accomplishing things. For example, if you plan to buy a house next year, you wouldn't want to put all your money into mutual funds. You're going to need the money soon for the down payment. That is a short term goal; therefore you need a short term place to keep your money. Lock it up too tight and you may not have access to it without penalty or loss.

4 Think protection first.

The stock market may seem a lot sexier than protection products, but it won't if you lose everything because of inadequate insurance or legal protection. Just like a house needs a solid foundation under it to keep it strong and stable, so does your financial plan. A lawsuit, a disabling injury, a premature death or any other family emergency could undermine your plan unless the foundation is strong. What is the point of building wealth if you leave it exposed to a vari-

ety of risks and could lose it in a heartbeat? Protection first!



5 The only thing certain is uncertainty.

Even the best laid plans don't always unfold the way we plan them. So be open to new

ideas along the way and structure a plan that allows for modification. Over time, many things will change. Besides the surprises that may pop up, it is very likely that as you age, you will also change your mind about things. Be prepared to bend and weave and make sure your financial plan has the flexibility to do the same.

6 Don't forget the fun factor.

While I fully advocate fiscal responsibility and planning for the future, I also wholeheartedly endorse having fun along the way. Be sure to allocate funds for yourself and your family to enjoy the ride. Take those ski trips to Colorado and indulge yourself at the spa, just budget for it and keep it in check.

Hurley Associates is a frequent contributor to the Pitt Capsule and frequent Lunch and Learn presenter. They specialize in insurance and financial services for healthcare professionals. For comments and questions or to schedule a consultation, call 412-682-6100 or email info@hurley2.com. Carol R Hurley is owner of Hurley Associates and a Field Representative of Guardian Life Insurance Company of America, New York, NY. Hurley Associates is located at 3508 Fifth Avenue in Oakland.

Fun and Games!

Pharmacy Mad Libs!

Fill in the Blanks to Create a Story Below:

- | | |
|--------------------------------|--------------------------|
| 1. Celebrity _____ | 8. Lab value _____ |
| 2. Fictitious drug name _____ | 9. Lab value _____ |
| 3. Disease/illness _____ | 10. Adverse effect _____ |
| 4. Class of drug _____ | 11. Adverse effect _____ |
| 5. Number _____ | 12. Adverse effect _____ |
| 6. Verb ending in “-ing” _____ | 13. Adverse effect _____ |
| 7. Body part _____ | 14. Adverse effect _____ |

“A New Drug Comes to Market”

This is 1 for 2, a new way to cure your 3.

2 is a 4 and has been studied for over 5 years.

2 works by 6 your 7, which lowers your 8 and raises your 9. 2 is not for everyone. It may cause 10, 11, or 12, which will go away with time. Contact your doctor if you experience 13, 14, or 15, as these may be signs of a rare but serious side effect. Talk to your doctor today about 2, the new drug you need.