



The Pitt Capsule

University of Pittsburgh School of Pharmacy

SNPhA Hosts Family Feud

By Melissa Ruminski

As quickly as the semester started, we are already a quarter of the way to April. As we begin to see the light at the end of the tunnel, SNPhA has many events to make this semester that much more enjoyable. To celebrate Pharmacy Week, SNPhA hosted Family Feud where students battled the faculty to see who is superior in trivial knowledge. The event was full of fun with a good turnout of students and faculty. Unfortunately, the faculty reigned supreme over both games, crushing the students in the last round. The faculty was awarded a trophy for their abilities and Dean Kroboth said it would be displayed in her office for all to see.

In the upcoming month, Ian McGowan, a professor of medicine at the University of Pitts-



Above: Dean Kroboth and Jimmy Gill pose with the trophy.

Left: Contestants concentrate to get the right answers.



burgh will be discussing his involvement as a co-principal investigator in the Microbicide Trials Network (MTN). Dr. McGowan is a principal investigator of two NIH-funded research programs. Both studies focus on clinical development of rectal microbicides to prevent sexual transmission of HIV. The Microbicide Development Program is undertaking the early development of antiretroviral rectal microbicides.

Dr. McGowan is also collaborating with the University of Oxford to develop aptamers as candidate microbicides for the prevention of

HIV, HSV, and HPV infection. Before returning to academic medicine, Dr. McGowan held a number of senior positions in the pharmaceutical industry, including being director of clinical research at Gilead Sciences, where he was responsible for the Phase II/III clinical development of the antiretroviral drug Viread®. His lecture will be held in Salk 402 from 12-1pm on February 19th. Please come and join us to learn more about his cutting edge research. With more events and lectures to come, this semester is sure to be remembered.

Upcoming Events

02/04 – Lower campus meeting w/ RX Prep
 02/19 – General body meeting (speaker: Ian McGowan)
 03/04 – Lower campus meeting w/ RX Prep
 03/26 – General body meeting (speaker: Stephen Davis)
 04/15 – General body meeting (speaker: Cindy Jacobson)
 Health Fairs in April/June

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The Pitt Capsule

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Psst...Here's the Scoop — There are no Hidden Secrets!

Check out the headline from an article in the finance section of a recent newsletter:

“Stock-Picking Secrets From The Little Black Book That Beats The Market”

Wooo... Secrets. Little Black Book. Beating the Market. It's the hint of a magic bullet, with the subtle yet captivating undertone of a conspiracy. Maybe, just maybe, this is your way around the grassy knoll of financial frustration. What could life be like if you had the little black book, knew the secrets, and beat the market? Close your eyes and imagine the possibilities! Now open your eyes, and take a deep breath. Read the next few paragraphs.

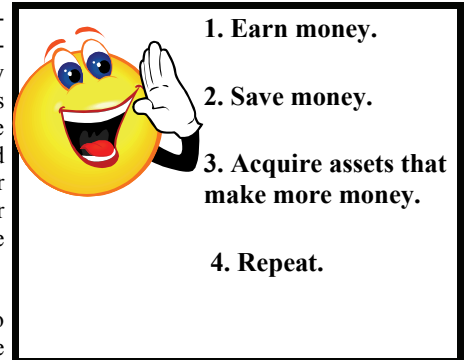
There are no financial secrets. If you read about it in a national newsletter (along with thousands of other subscribers), this “secret” is now public knowledge. If this “inside information” was supposed to give you an edge in the market, it just gave everyone else one too, so the inside advantage is negated.

There is no conspiracy. There's plenty of individual financial ignorance, and there's no doubt that ignorant consumers

are often losers in their financial transactions. But ignorance on the part of consumers does not constitute a conspiracy against them. A conspiracy implies there's a deliberate attempt by someone (or a group of someones) to mislead and conceal the true nature of an activity or program. That's not true. The “insider secrets” are readily available for anyone who wants to find them.

Still, even if there are no secrets and no conspiracies, it's true that even in the United States, being “wealthy,” however you may define it, is relatively rare. By most measures, the wealthy represent a small percentage of the American population, perhaps as little as 10%. And since almost everyone wants to be wealthy, but only 1 in 10 *is*, it's human nature to conclude that the wealthy must know something, or be part of something special that gives them the inside track.

Actually, the advantage of the wealthy isn't because of what they know, *but what they do*. And while you could get a hundred millionaires to write a hundred different books about their path to financial success, the underlying actions that led to their wealth would be pretty much the same,



again and again.

These instructions aren't “secret.” Rather, they are as simple as the directions on your shampoo bottle. But while simple, the steps to becoming wealthy aren't easy. The hard part is the execution, the follow-through. And typically, these steps are not accomplished overnight, so perseverance is a factor as well. But the historical evidence is pretty clear: People who do these four things become wealthier.

Continued on page 7

IPSF — Act Locally, Impact Globally!

By Julie Lauffenburger

Thank you to all who attended the Global Links Lecture on January 27th. The event was a great success (raising \$110 for Global Links, a non-profit organization that collects and distributes necessary medical supplies to resource-poor countries) and was very informative and well attended. Thank you to all for your enthusiasm, and feel free to check out www.globallinks.org for any further information!

Mark your calendars for the next IPSF meeting—Tuesday, February 16th at 12pm in the PCLC. At this meeting, we'll be planning for the upcoming *World Water Week* events, as part of the UNICEF Tap Water Project, on March 22-28th. Through this project, we will be

asking for donations for tap water (a privilege often enjoyed here for free) to bring clean and accessible water to other countries throughout the world. If you are interested in helping with this highly-impactful project, please feel free to attend! At the meeting, we'll also be discussing the upcoming possibility of continuing as a host site for one month this summer for the IPSF Student Exchange Program—in collaboration with Duquesne University.

In other news, the IPSF Medical Spanish classes are still in full swing—and I am fully indebted to the help of Dr. Ada Mezzich, Dr. Connor, and all of the other student teachers for the events—Karen Nenko, Alexa Ray, Steven Zona, Safia Kuriakose, Marina Shkayeva—and eve-

ryone else who has served on the planning committee. Steven Zona has organized a blood pressure screening after a Hispanic catholic Mass, on Sunday, February 9th to help put our new-found skills to use. Many thanks to all of you!

Lastly, stay tuned for further showings of the Rx for Survival Global Health Video series later this semester. Have a great February!

Kappa Psi Kicks Off Another Semester

By Kendra Mueller

With the start of a new semester it was also the start of a very busy month for Kappa Psi. The fraternity fell into full form with the initiation of our new pledge class and our annual winter elections.

Many brothers ran for the various positions on Kappa Psi's executive board and the fraternity was able to put together a great group of people to lead us this year.



Enjoying the slopes at the annual KY ski trip

Congratulations to our new Exec. Board: Regent: Ashley Toale, Vice Regent: Krista Manson, Recording Secretary: Lauren Weber, Corresponding Secretary: Kendra Mueller, Treasurer: Dan Yarbinec, Chaplain: Jaci Schlott, Historian: Jess Klunk, Sergeant at Arms: Matt Barnes, ASP Representative: Cortlynn Latsha, IFC Representatives: John Yamber and Rebecca Crooks.

We spent the first weekend of the semester on our annual ski trip to seven springs. With the help of some overnight snow, the brothers were able to enjoy a great day of skiing and snow tubing. Kappa Psi was also proud to kick off pharmacy

weeks with the annual football game versus Phi Delta Chi. After a frigid weekend, the boys battled it out on the snowy Cost center fields, but unfortunately the KY brothers couldn't bring home a win.

A large number of brothers were excited to take part in the PLS auction. Kappa Psi brought back the auctioning of our time to a lucky staff member. Dr. Meyer took home the prize with her very generous bid of \$325, and I'm sure she will put our brothers to good use! The brothers were proud to take part in a great cause, and many of them walked away with fantastic prizes themselves.

The month came to a close with the end of pharmacy weeks, including the No-Talent Talent Show planned by our very own Josh Clossin, and the formal.



Cortlynn Latsha, Alexa Ray, Ashley Toale, and Josh Clossin after singing M-R-S-A

The talent show was a big hit with a great showing of pharmacy students to cheer on Kappa Psi's MRSA song, and Josh Momper's solo on the piano. Dean Kroboth even got involved to hold the microphone for Josh! We have a lot of talent in the fraternity!

We're looking forward to the upcoming semester and some exciting new changes brought about by the new executive board.

The Social Scoop

By Melissa Wingard and Josh Clossin

First of all, we would like to congratulate the P1s on just receiving their white coats, welcome to the profession. We would also like to thank everyone for their participation in the many pharmacy week activities this year. Your participation made each event a success and we hope you enjoyed each of the special events.

During the exciting game of OTC Jeopardy, the team representing Pitt at the state-wide PPA OTC Jeopardy game was decided. This year Pitt will be represented by P3s Tina Khadem, Cat Andrews, and Ashley Craig and we hope to win the trophy back this year. Good luck girls!

For the patient counseling competition, all participants will be receiving prizes from APhA and this year's winner will be representing Pitt at the national convention in April. Our third place winner is P3

Melanie Woytowish. Our second place winner is P2 Zack Snyder. And the first place winner who will be competing in Texas is P3 Julie Lauffenburger. Thank you to all of the participants and Julie, good luck at nationals!

For the No-Talent Talent Show, four acts prepared their talents to share for a chance to claim the title. Dean Kroboth and Dr's Corman and Fabian had a tough time choosing the winner, but it was ultimately decided that P2 Josh Momper was the most talented of the bunch! Thank you all for sharing your talents and we look forward to a rematch next year!

At the formal concluding this year's pharmacy weeks events, three awards were given out. A special recognition award was presented to P3 Karleen Melody for her great contributions towards this year's MRM conference. The 2008-2009 Faculty

-of-the-Year award was given to Dr. Connor for her work with activities including Project Chance, numerous informational luncheons discussing underserved populations in areas throughout the world, as well as providing educational sessions on free medication services. The final award presented was the 2008-2009 Student-of-the-Year award given to P3 Katherine Kingston for her extraordinary efforts with the very successful campus-wide smoking cessation project last year. Congratulations to all of the award winners and continue the great work in the future!

Thanks for your participation in all of the pharmacy weeks events. Look for more information to come on a social event in February and a Valentine's Day Candy-gram sale!

A Day in the Life of a Clinical Faculty Member

By Amy Seybert, PharmD

The life of a clinical pharmacy faculty member varies from day to day, but the one thing that is truly consistent is that each day offers a rewarding, but challenging environment. My clinical practice is in the cardiac intensive care unit (CCU) at the University of Pittsburgh Medical Center-Presbyterian University Hospital. The unit is centrally located in the hospital near the cardiac catheterization laboratory, electrophysiologic laboratory, noninvasive testing facilities, operating rooms, cardiothoracic surgery services, cardiac telemetry floors, and cardiovascular outpatient clinics. This location not only allows for easy access to get patients to the necessary testing and procedures, but it allows for collaboration between healthcare professionals as well.

The CCU cares for patients with acute myocardial infarction, hypertensive crisis, acute coronary syndromes, heart failure, dysrhythmias, status-post cardiac arrest, and other complex cardiovascular diseases.

Each day rounds consist of collaboration with the medical team – including phar-

macists, attending physicians, fellows, medical residents, medical students, nurses, respiratory therapists, and other healthcare professionals. Working in this environment provides opportunities to share pharmacotherapy knowledge with the team and the patient, but also allows for a rich learning environment for pharmacists, pharmacy residents, and pharmacy students.

Each patient is discussed in detail every morning and therapy decisions are made at the bedside. Orders are placed for tests, procedures, and medications each day and we work to ensure efficient delivery of therapy to every patient. Monitoring and adjusting therapy is a key to any clinical pharmacist's daily activities, and can be one of the most rewarding parts of the day. When we recognize a potential drug-drug interaction or adjust the dose of medications based on the patients' condition, it provides the satisfaction that you helped someone or avoided a complication. As pharmacists, we are responsible for providing the most appropriate pharmacotherapy for each of our patients.

After rounds, the remainder of the day is spent on various activities such as meetings, research projects, and teaching. The most enjoyable part of my day is the time that I get to teach or to prepare for teaching. Teaching provides a satisfaction in a similar way of caring for patients on rounds, but on somewhat of a broader scale.

When we have the opportunity to teach students, we know the impact that the student/future pharmacist can have on patients, other healthcare professionals, and other students in their career. The impact of teaching healthcare professionals is such a rewarding and exciting opportunity. In particular, I enjoy utilizing various teaching techniques including active learning to motivate students to develop their problem solving and patient care skills. By teaching with human patient simulators, I have been able to incorporate my interest in critical care and cardiovascular pharmacotherapy with education, clinical practice, and research.

I am truly fortunate to have the unique opportunity to expand something that I enjoy tremendously into all aspects of my position and my day.

Mark Your Calendars! (see the portal for more info)

2/2: LKS Officer Mtg.

2/3: ASP Luncheon

2/4: ASP General Mtg., ASP Exec. Board Mtg.

2/6: IPSF Medical Spanish Class

2/9: LKS Sister Mtg, Rho Chi Awards Deadline

2/10: Hurley Lunch & Learn, ASP Ice Skating

2/11: PLS Mtg.

2/12: IPSF Mtg., PSHP Mtg.

2/13: IT Committee Mtg.

2/16: IPSF Mtg., LKS Sister Mtg.

2/18: ASP-Target Interview Prep.

2/19: SNPhA Mtg.

2/20: APhA Annual Mtg.—Mandatory if attending Annual

2/23: LKS Sister Mtg.

2/24: Patient Care Committee Mtg.

2/25: Professional Event Series

Phi Lambda Sigma Updates

By Alexa Ray

The Beta Delta chapter of Phi Lambda Sigma is thrilled to announce that our annual Pharmacy Weeks Auction raised over \$7,000 this year! We owe a tremendous amount of thanks to everyone who came to the auction, bought raffle tickets, and bid on this year's amazing prizes. Thanks to your participation, we will be able to donate a large sum to the Grace Lamsam Pharmaceutical Care Foundation, which supports underserved patients in the Pittsburgh area. The success of this year's event certainly exceeded our expectations, and we look forward to be able to contribute to the great work that the foundation does for Pittsburgh.



Dr. Benedict and Dr. Fabian auctioning off another fabulous item

We would also like to extend thanks to all of this year's applicants for PLS membership. We received a great number of impressive applications, and we definitely had our work cut out for us throughout the application review and New Member selection process. We extend sincere congratulations to our new members, and have high hopes that they will help us to continue the success of our PLS chapter. Induction of new members will be held in conjunction with Rho Chi in March.

Throughout the spring semester, PLS will again be co-sponsoring the Professional Event Series with Rho Chi. Keep an eye out for the dates and speakers, and be sure to check the portal for updated information as details are announced.

Sweet PSHP!

By Christina Martin

February may be the shortest month if counting physical calendar days, but it sure can feel like a long month! No upcoming days off of school. No more Sunday afternoon football. No more pharmacy week events to distract one from studying POP. You're in luck- PSHP has some *sweet* upcoming events to satisfy your *pharmacy addictions*.

Our next PSHP meeting will be Thursday, February 12th at 12 pm in 402. The PSHP officers have organized a *Residency Roundtable* after an overwhelming positive response to the panel discussion last February 2008. Pharmacy residents will be present for you to ask them anything from describing their typical day to detailing their worst rotational experience to what their favorite restaurant in Pittsburgh is. Come meet some of the UPMC/

AGH residents and ask them questions as you start to consider and prepare for a post-graduate residency!

Did you know that Mr. Yuk was created by the Pittsburgh Poison Center at UPMC's Children's Hospital in 1971? This tongue-protruding green face that is used to educate children and adults about poison prevention was created in our own backyard!

Each March, our PSHP chapter organizes events for students to promote poison prevention awareness. This year PSHP is teaming up with ASP to participate in a variety of poison prevention activities! To kick-off Poison Prevention Month, Dr. Krenzelok will be the speaker at the March PSHP meeting (3/3). Dr. Krenzelok has great stories, as well as helpful tips for prevent-

ing poisonings and avoiding accidental overdoses.

Next, students have the opportunity to volunteer at one of ten local elementary schools. Pharmacy students will teach elementary children about Mr. Yuk and his special phone number (hint: 1-800-222-1222), as well as teach them to recognize common household poisons. During the National Poison Prevention Week, March 15-21, 2009, pharmacy students can table at Falk Pharmacy and hand out Mr. Yuk stickers and patient-friendly poison prevention pamphlets. All activities are approved for EL Service hours!

Updates From Your Class Presidents...

P1 Update

By: Adam Martin

The Dr. Gordon J. Vanscoy White Coat Ceremony for the class of 2012 was a great success! There were close to 600 family, friends, and guests in attendance to witness and share in our official entrance into the profession. Lauren Fischer, P1, gave a truly wonderful performance as she sang the Alma Mater for our class. Not only did our class display their dedication to Pharmacy, but we also made it clear that Pittsburgh, indeed, was going to win the Super Bowl.

The reception turned out to be a phenomenal smorgasbord of food, friends and congratulations, including the delectable School of Pharmacy cookies that some plan to keep for years to come! Photos with faculty, family and friends along with cordial conversation made this a night to remember. Special thanks go to Dr. Gordon J. Vanscoy for his continuing generosity and dedication to the students, Barbara Belardi, Laraine Kuchma, Dr. Sharon Corey and Dean Kroboth for their guidance, time and efforts in helping us plan this event. We would also like to extend our gratitude to all of the faculty, family and friends that contributed to this event, making this such an extraordinary experience!

Overall, through blizzards and patience, Friday the 30th of January will be looked back upon as an awesome evening that marked our entrance and pledge into the profession of Pharmacy, one that led into more than one victory for Pittsburgh.

P2 Update

By: Mike Smith

The P2 class would first like to congratulate the Class of 2012, and welcome them into the profession. Although we still have a way to go, we are quickly moving towards the end of this semester. As Dr. Schiff once said, we are “too far in to remember the beginning, and too far away to see the end.” That being said, picking electives is right around the corner, and next year is fast approaching – only 10 more weeks until summer.

P3 Update

By: Katherine Radzevick

The P3 Class has already experienced their first taste of exams, relatively early in the semester. Nevertheless, we have also enjoyed participating in many of the activities organized by APhA-ASP for Pharmacy Week(s). The upcoming formal has been much anticipated and will

be a great time to see one another OUTSIDE of the classroom! P4 rotation selections and housing options still remain the topic of many conversations, as well as the availability of job opportunities with the onset of economic problems throughout the country.

P4 Update

By: Matt Sapko

The P4s are continuing on our now short journey to graduation. As we transition into being licensed pharmacists, we remember back to our P1 year when we were awarded with our introduction into the profession, at the White Coat Ceremony. We want to welcome the Class of 2012 to our profession as they celebrate their presentation of White Coats with family and friends. In addition, we're excited to be working with the P3s to share our experiences about rotations, jobs and residencies, and preparing for the P4 year this upcoming week. As the semester pulls into full swing, we hope everyone continues to do well with their exams and assignments and we look forward to hearing about all of the great things going on at the School of Pharmacy! Go Steelers!

Lambda Kappa Sigma Updates

By Julie Lauffenburger

Happy February, everyone! It's hard to believe that the semester is already in full swing—and it is apparent that the LKS sisters already have a lot planned! From another clothing sale to a whole host of service events and bake sales—next one on February 4th—it should make out for a great semester!

First of all, LKS is organizing another School of Pharmacy clothing sale, with the order forms due by February 27th. There are some new changes to the clothing sale this time, with the first-ever

School of Pharmacy shorts (both cheerleader style and longer shorts), navy hooded sweatshirts, and the ever popular long sleeve and short sleeve shirts. Extra order forms are available on the 9th floor!

We also want to cordially invite you all to a Cervical Cancer Presentation on Monday, February 16th at 12pm in 456. As Cervical Cancer Awareness is our new Women's Health Issue announced at the biannual meeting in Savannah last summer, we want to continue our education about the disease by offering an informal presentation about the subject material. Mark your calendars!

In other social events, Duquesne University School of Pharmacy Tau chapter and Delta chapter will be co-hosting an informal meet and greet on Wednesday, February 11th, and we look forward to an upcoming LKS/PDC Valentine's Day party on Friday February 13th!

As February is also Heart Disease Awareness month, LKS sisters will be wearing red every Friday, as well as selling Red Dress pins. Talk to an LKS sister if you are interested in purchasing one for charity!

Psst... There are no Hidden Secrets *(continued from p.2)*

A few observations about the not-so-secret four steps:

1. The more you earn the easier it is to save.

Duh. It's so obvious, but how many "financial plans" begin with a discussion of your earning potential? Since most of us don't begin our financial lives with trust funds, how we choose to earn money is an essential starting point in becoming wealthy. It's not simply a case of people being able to save more because they earn more. The motivation to save is in constant conflict with the costs of maintaining a standard of living. Sometimes questions like: "New car or retirement account?" or "Mutual fund or vacation?" are answered by addressing immediate wants and needs. But people who earn more money can usually address both short-term wants and long-term goals – with less stress. It's easy for Tiger Woods to buy a Hummer and investment property in the Caribbean because he earns so much money he doesn't have to choose.

2. Saving starts with a commitment, and can be greatly enhanced by managing expenses. The most effective saving strategy is "paying yourself first." While there may be financial factors that affect your ability to save, the biggest challenge is deciding to do it – and following through. Even the best savers usually have ongoing financial transactions that provide little or no financial benefit. Among these transactions are interest on loans, most taxes (particularly

income taxes), and some forms of insurance coverage. These are expenses common to everyone. But once they establish the savings habit, people who are diligent and careful can often increase their savings by using the same discipline to reduce their expenses. Management of expenses is another bedrock component of successful planning.

3. If you have savings, someone will want you to buy their product (retirement plan, insurance policy, mutual fund, time share, etc.). At this point, you must become an informed consumer. Quoting Buddha, columnist Paul Farrell says this means you must "believe nothing, no matter where you read it or who has said it, not even if I have said it, unless

it agrees with your own reason and your own common sense." In general, the potential for a higher return comes with a corresponding increase in financial risk. Anything that appears to contradict this statement merits very close scrutiny.

4. Repetition is the branding iron of success. The more you execute Steps 1 through 3, the better the results. Consistent saving, even in modest amounts, often outpaces the efforts of those who are constantly trying to hit a home run to catch up.



Where does a financial professional fit in the four steps? Most of the time, people engage a financial professional (registered representative, agent, financial specialist, accountant, etc.) when they are ready to start Step 3. But a good financial professional should probably be considered when you embark on Step 2. Once you have committed to saving, they may be able to help you save more by providing expertise on solutions for lowering expenses.

Yeah, but what about the offers of financial "secrets" that fill my mailbox each week? Are they all bogus? Well, the e-mail plea from the Nigerian banker to send you money so he can deliver you a big check is definitely a scam. But most "inside information" and "hidden knowledge" isn't a lie, they are just marketing plays. Remember, one of the features of free-market capitalism is the competition of ideas, products and services. In order to get your attention in a crowded field, advertising people use all sorts of strategies to differentiate their product. While some advertising is intended to inform prospective buyers about the particular product or service, other advertising is designed to create an emotional impact. When it

comes to financial services, the typical emotional appeal plays to the greed and fear of the recipient. What don't you know? Is it costing you money? Look what the other guy made! You better check this out! You can't afford not to! Once you get past the marketing angle, you can further evaluate the legitimacy of most "financial secrets" by classifying them as either shortcuts or new information. It's human nature to want to look for an easier way to get things done. Offering a quick-and-easy way to get things done is an attention-getter, especially when it comes to obtaining wealth. Because of their background or current financial situation, many people see the

four steps to wealth and say "I'll never be able to do that! I don't make enough money. I can't save, I have too much debt." When they don't see themselves able to succeed using a tried-and-true approach, they want to believe there must be a secret shortcut – otherwise they have no hope.

But even legitimate shortcuts are variations on the four basic steps outlined – only riskier. For example... Can you purchase real estate? Yes. Can you repeat the process? Sure. Can you make money quickly by using inside knowledge to put no money down, and flip the house the next month? Some people have. Can you lose money just as quickly if you make a mistake? Oh yeah. Is this a "secret?" No. It's just something you haven't done (and may not want to do). Likewise, other "secrets" are usually new variations on existing ideas, products or services. Or they are items that are new to you – the only reason you might think it's a secret is because you haven't heard of it before. **Don't be seduced or distracted by illusory financial secrets. The clearest path to financial success is three simple actions, repeated diligently over a lifetime.**

Hurley Associates will sponsor a financial lunch and learn on February 10th. The topic will be "Employer Sponsored Benefits – What you really ought to know."

Hurley Associates is a financial service practice located at 3508 Fifth Avenue, Pittsburgh, PA. To learn more about Hurley Associate or to schedule a consultation, visit www.hurley2.com or call 412-682-6100.

Lamb Light

Stephanie Elmo (P1)



The monthly "Lamb Light" column is designed to highlight special members, "lambs", who gone above and beyond for our chapter. This month, LKS is pleased to recognize one of our newest members, Stephanie, for her hard work in organizing and distributing the spring calendar as well as being a fantastic "super pledge" for the new member class last fall. We are greatly excited about her enthusiasm and dedication so far, and look forward to her contributions in years to come!

What's your favorite activity in LKS?

My favorite activity in LKS is probably the bake sales because I love having an excuse to bake and we are raising money for a good cause at the same time.

What's your favorite activity to do outside of pharmacy school?

When I'm not in school or at work I like to cook. I love watching the food network and pulling inspiration from the chef's for my own dishes. My father was a great cook and I love making family recipes as well. I also love entertaining and having friends over.

What do you want to do after pharmacy school?

After pharmacy school I plan to do a residency or two and become a clinical pharmacist with a specialty in either critical care or cardio.

Who would you like to change lives with for a day, if you could?

I am happy with my life just the way it is and I feel very blessed for all that I have, I wouldn't want to change it for anything.

Congratulations
Pittsburgh Steelers



Super Bowl XLIII Champs!

J'BURGH

Serving Pittsburgh's Graduate Students
and Young Professionals

Upcoming Events

Bat Sheva Dance Company
Thursday, February 5, 8pm-10pm
Benedum Hall

East End Minyan
(monthly minyan and pot-luck dinner)
Friday, February 13, 6:45pm-10pm

Jew Eat
(monthly cooking club)
Sunday, February 15, 6pm-9pm

Charity Poker Night
Monday, February 16, 8pm-10pm

Fiddler on the Roof
Thursday, February 19, 7:30pm-10:30pm

J'Burgh Ice Skating
Wednesday, February 25, 7:30pm-9:30pm

Meet other Jewish graduate students and young professionals at events:

- Pirates Games
- Bar Crawls
- Sports Leagues
- Dinner Outings
- Volunteer Experiences

Find professional development opportunities:

- Internships
- Fellowships
- Professional Lunch & Learns

Experience first rate Jewish and Israeli cultural programming.

Check out our weekly e-newsletter at
www.jburgh.org

To learn more, please contact David Katz, Director of
J'Burgh, by emailing davidk@jburgh.org or by calling
412-621-8875.



Name: _____

Class: _____

Email: _____

Check the events you have contributed to or participated in. On the third page, briefly explain why you would like to attend, what you can contribute, and what you have contributed to our APhA-ASP chapter. You must also include any other source of funding and the amount you will be receiving (such as a GPSA travel grant). All questions should be directed to Zack Snyder (snyder.zack@gmail.com). Please submit a hard copy this form to Erica Trimble, Zack Snyder, or Steven Zona by Friday, February 13.

General Body Meetings

- September
- October.....
- November.....
- December
- January
- February

Professional Meetings

- Mass Mutual Financial Planning Seminars.....
- Indian Health Services Presentation
- Rock the Vote Developmental Series
- Council on Professional Activities Meetings.....
- Career Services Presentation.....

Professional Events

- Career Expo
- MRM, Pittsburgh
- MRM Proposal Survey
- Good Morning America

Committees

- Social Committee.....
- Patient Care Committee
- Project SMILE Committee
- MRM Committee
- IPSF Meetings.....
- Pitt Capsule
- Professional Events.....

Patient Care Activities

- Cigarette butt cleanup day
- Smoking Cessation Tabling
- Immunization Clinics.....
- Pedometer Challenge

Name: _____
Email: _____

Class: _____

Project SMILE

- Peoples Oakland Education Session
- Mental Health Psychiatrist Session.....
- Patient Assistance Programs Session.....
- Project SMILE Training Presentation.....
- Project SMILE Clinic Volunteering

IPSF Activities

- International Pharmacy Roundtable.....
- Study Abroad Fair - Immunization Tabling (Sept).....
- Study Abroad Fair - Immunization Tabling (Jan).....
- Rx for Survival Global Health Video Series.....
- Medical Spanish Classes.....

Pharmacy Weeks

- KY/PDC Football Game
- PPA OTC Jeopardy.....
- PLS Auction.....
- APhA-ASP Patient Counseling Competition.....
- SNPhA Game Show Competition.....
- ASP Formal.....
- AMCP P&T Competition
- IPSF Global Links Presentation.....
- Talent/No Talent Show

Other

- Fall Leadership Retreat.....
- Back to School Picnic

SPAN Activities

- PPA Midyear Meeting in Harrisburg

