



# The Pitt Capsule

University of Pittsburgh School of Pharmacy

## APhA-ASP: Something for Everyone

By Shailly Shah  
APhA-ASP President

Welcome back! Summer has flown by, and I hope you are ready for the first week of school, getting back in touch with old friends, making new friends, and re-connecting with our friendly professors and the exciting world of Pharmacy here at Salk Hall. APhA-ASP acts as the collective voice of student pharmacists, provides opportunities for professional growth, and actively promotes the future of pharmacy.

Within APhA-ASP, there is something for everyone, no matter what your interest or availability, and we have committed ourselves to helping you find that niche. Our APhA-ASP chapter has developed existing traditions and added new events this year for professional development and networking.

Our goals for the year include increasing member involvement, increasing Interprofessional collaboration, increasing recognition of our chapter's and school's accomplishments, and building unity within the school organizations. We've added to our existing four committees (patient care, social, SPAN, and IPSF) a new interprofessional committee, which will focus on increasing our collaboration with Pitt's five other schools of health care. And if you'd like a broader overview, our general body meetings will provide you with a brief update for each committee and a discussion on a particular topic to give you just a taste of each area of interest.

Make sure you start off the year properly and attend our Annual back-



to-school Picnic on **Tuesday, September 7<sup>th</sup>** at 6pm at the Veteran's Pavilion. Look forward to delicious food, fun games, friends, and information on all our student organizations. We will be kicking off our Operation Heart Dean's Theme at the picnic, and have exciting events such as hosting the State Board of Pharmacy, a counterfeit medication presentation, continuing our operation diabetes and project chance initiatives, and fun social events planned for the rest of the semester. A full schedule of APhA-ASP events will be handed out at the first GBM and posted on Pharmacist Society.

At the start of the new academic year, I encourage you to make some professional goals for yourself. Get involved and try something new like attending a professional pharmacy conference. I promise, you will enjoy every second of it.

I look forward to meeting all of the P1s and working with the upperclassmen again. With your involvement, we can help make this one of the best years for APhA-ASP and be recognized for our efforts on a national level. If you have any questions, comments, or suggestions, don't hesitate to contact Shailly Shah ([shaillykshah@gmail.com](mailto:shaillykshah@gmail.com)) or any other APhA-ASP Executive Board member at any time.

### 2010-2011 Executive Board:

**President: Shailly Shah**  
[shaillykshah@gmail.com](mailto:shaillykshah@gmail.com)

**Past-President: Alexa Ray**  
[Alexajray@gmail.com](mailto:Alexajray@gmail.com)

**President-Elect: Elyse Weitzman**  
[erw27@pitt.edu](mailto:erw27@pitt.edu)

**Social Committee Co-Chair: Rebecca Crooks**  
[rac50@pitt.edu](mailto:rac50@pitt.edu)

**Social Committee Co-Chair: Alicia Beth Lichvar**  
[abl18@pitt.edu](mailto:abl18@pitt.edu)

**IPSF Chair - Julia Sasanko**  
[jcs79@pitt.edu](mailto:jcs79@pitt.edu)

**Patient Care Co-Chair: Karen Soong**  
[kas147@pitt.edu](mailto:kas147@pitt.edu)

**Patient Care Co-Chair: Kajal Patel**  
[kajal88@gmail.com](mailto:kajal88@gmail.com)

**SPAN Chair: Katie Steward**  
[kls121@pitt.edu](mailto:kls121@pitt.edu)

**Professional Council Chair: Nick Wytiaz**  
[nwytiaz@gmail.com](mailto:nwytiaz@gmail.com)

**Secretary/Treasurer: Sarah Krahe-Dombrowski**  
[sarah.krahe@gmail.com](mailto:sarah.krahe@gmail.com)

**Historian/Pitt Capsule Editor: Tim Mizak**  
[tjm42@pitt.edu](mailto:tjm42@pitt.edu)

## In This Issue:

PPA	3
IPSF, AMCP	4
Kappa Psi, RxPrep	5
LKS, PLS	6
Social Committee, GPSA	7
P4 Updates, Rho Chi	8

## The Pitt Capsule

Editor: Tim Mizak

Email: [PittCapsule@gmail.com](mailto:PittCapsule@gmail.com)

### Contributors:

Rebecca Crooks  
 Svetlana Goldman  
 Alicia Lichvar  
 Adam Martin  
 Sarah Rindfuss  
 Julia Sasanko  
 Abbey Schram  
 Shailly Shah  
 Mike Smith  
 Brad Stevens  
 Kate Steward  
 Julie Styche  
 Kailey Troutman  
 Nick Wytiaz

## SNPhA Recognized as Best Small Chapter in the Country

By Adam Martin

The School of Pharmacy's Student National Pharmaceutical Association (SNPhA) chapter received the Rite Aid/Chauncey I. Cooper Chapter Excellence Award for best small chapter. The award was announced at the National Conference in Seattle, WA on July 24.

Every year, the Student National Pharmaceutical Association (SNPhA) holds a Regional Conference and a National Conference. This summer, the National Conference was held in Seattle, WA. Pitt SNPhA was recognized as one of the top 3 chapters in the country for best small chapter, along with Wingate and University of Oklahoma.

During the final phase of competition, each competing chapter was allotted 20 minutes to present to a panel of Rite Aid judges. Students Adam Martin (P3), Elsa Tchakoute (P2), Samantha Holliday (P1), and Kaitlyn You (P2) represented our chapter. The judges focused on qualitative analysis of the

chapters' involvement, which included their impact on the community and patients.

The award, sponsored by Rite Aid, consists of a trophy and \$5,000.

Projects that SNPhA is involved with include HIV/AIDS Awareness, Operation Prevention & Operation Immunization (H1N1, influenza, dangers of social drugs [read: roofies]), Chronic Kidney Disease, Investing Now, MTM Services both through the Kingsley Association in East Liberty and Dr. Lenore Coleman's Healing Our Village project, as well as various blood pressure screenings at health fairs in the community.

\*\*\*If you would like to get involved in any of these outreach programs, please be sure to come to the first SNPhA general body meeting, date/time/location TBA.



## PPA Local Conference Draws Attention to Students & State Issues

By Kate Steward

Whether you're from the Commonwealth or not, over the next 1-4 years you're going to be practicing pharmacy in Pennsylvania simply by virtue of attending Pitt!

Even if you plan on practicing in another state or country, while you're a student at Pitt you will be involved in and affected by Pennsylvania pharmacy issues.

Pennsylvania Pharmacists Association (PPA) represents the interests of pharmacy practice from all settings. It is especially dedicated to promoting the profession "through advocacy, education and communication to enhance patient care and public health" (excerpt from PPA Mission Statement). This October 1-3, PPA is holding its annual meeting just minutes from Pittsburgh in Mars, PA; hence the theme, "Mission to Mars."

Among this year's events, the conference programming includes:

**Exhibit hall reception** – hors d'oeuvres, drinks, vendors, and prizes

**State Representative Mike Turzai, R-28, Allegheny County, Minority Whip** – addressing healthcare and pharmacy-related issues

**Sessions dedicated to students** – how to maximize your community pharmacy rotations during P4 year, financial planning & health policy

**CE Sessions FREE for students** – spend an hour listening to a topic of your interest such as pregnancy & medications, atypical antipsychotic medications, grant writing skills, hyperthyroidism and acute care patient outcomes.

**Awards for the student winners of Achieving Independence** – a concept poster competition



Since this year's annual conference is only a half-hour north of Pittsburgh, many Pitt students attending are already planning on car-pooling, although hotel accommodations are available. As a number of Pitt previous attendees can tell you, PPA goes above and beyond to cater to student pharmacists. There's no question – PPA's conferences are among the best value for your dollar. The entire weekend's programming and meals is only \$59 for PPA Student Members. Talk to Kate Steward, PPA Chapter Representative ([kls121@pitt.edu](mailto:kls121@pitt.edu)) or Nicky Wytiaz, PPA Chapter Alternate Representative ([npw6@pitt.edu](mailto:npw6@pitt.edu)) to find out how to become a member. You may also visit the PPA website for membership and conference information at [www.papharmacists.com](http://www.papharmacists.com).

### *About PPA...*

The Pennsylvania Pharmacists Association is a professional membership society of registered pharmacists, student pharmacists, pharmacy technicians, and others who reside, work, attend college, or are interested in pharmacy in Pennsylvania. Our members comprise all pharmacy practice settings including academia, clinical, hospital, government, community pharmacy owner or employee, long term care, mail order, managed care, and the pharmaceutical industry.

### SO YOU MIGHT ASK...

#### WHAT'S IN IT FOR ME?

**P1s** – Attendance at conferences like PPA's make you part of the professional community. Going to one early in pharmacy school gives you an idea of the "bigger picture" and part of what your professional life will be like.

**P2s** – So you've heard P2 year is the hardest? Maybe. One of the keys to succeeding in the face of stress is finding a support system. Networking with students from other schools builds your confidence that just like many others, you can get through it! Take a weekend, meet new people, have fun and build your professional network.

**P3s** – Last year of classes!! Getting "senior-itis?" Here's a great way to get away from the traditional classroom to a laid-back atmosphere. Go to CE's to get introduced to a few topics we'll be covering this year... and then talk to P4s from around the state to get tips on rotations you might not have heard about.

**P4s** – Haven't been a member of PPA? About to graduate and have never attended a professional conference? It's not too late! Become a member of PPA and you'll qualify for a discounted MPJE Law Review. Network with potential employers! WHAT you know is as important as WHO you know.

## Going Places: Pitt, IPSF, and You

By Julia Sasanko

Once again, another school year begins. If you're a P1, IPSF signifies another club in the alphabet soup at the pharmacy school. The International Pharmaceutical Students' Federation is an organization with pharmacy students from many different countries that come together to solve common issues in international pharmacy.

First off, being in IPSF is very easy. Odds are you've been strongly encouraged to join APhA-ASP (a wonderful decision that will bring you nothing but opportunity, I promise you), and once you're part of ASP, you're automatically a member of IPSF! It's practically getting two organizations for the price of one. All you have to do to get involved is come to meetings and participate in events.

Primarily, IPSF tackles issues in global pharmacy. Therefore, main organizational foci are HIV-AIDS, malaria, TB, immunizations, and educational tools for places with less-developed pharmacy systems. Many of our annual events, such as raising money for World AIDS Day, Medical Spanish, World Water Week, and our speakers relate directly to pharmacy on an international and multicultural level.

Additional possibilities for this year include Haitian disaster relief and refugee services, but more ideas can be acted upon if suggested.

IPSF's very nature implies that travel can be a large component of being a member of IPSF. The Student Exchange Programme, or SEP, allows pharmacy students to complete educational experiences abroad for as little as two weeks, or as long as three months. Pitt students have gone abroad for the past three years, and help is always available with the application (Part I of which is due in December—details to come). The trips are relatively low-cost and provide a lifetime of memories. Pitt and Duquesne also provide this experience to four lucky exchange students. Participating in an exchange does not always mean you have to leave the country!

Students have also received international study grants. One former IPSFer



went to Malawi to organize a formulary for a clinic! Anyone with a project proposal can apply for funding, and IPSF is a great way to discover workable projects.

IPSF has travel, fun, and I've made a resolution to bake cookies before every meeting. If you have any interest in travel, research, or global health, IPSF is a great way to satisfy your interests.

Our first committee meeting is Wednesday, September 22nd in 502 (fifth floor across from the elevators—you can't miss it).

Hope to see you there!

## AMCP Welcomes You Back!

By Brad Stevens

As we welcome the School of Pharmacy class of 2014, the Pitt Academy of Managed Care Pharmacy (AMCP) chapter looks forward to a successful 2010-2011 school year. The organization is the school's link to the expanding field of managed care pharmacy. Pharmacists practicing within the managed care setting help to provide the medication therapy to each patient within a particular health plan, while considering the most cost ef-

fective approaches to drug therapy for the entire membership.

Meetings during the fall semester will focus on the basic concepts of managed care pharmacy, careers in managed care pharmacy, our Medicare Part D project, and an introduction to the pharmacy and therapeutics (P&T) competition. In the spring, a prior authorization competition will occur during pharmacy weeks, teams will prepare to present their projects for

the P&T competition, and pharmacists with dual degrees (such as those in law and business administration) will visit to discuss their varied paths within pharmacy. The year wraps up with AMCP annual meeting, April 27-30 in Minneapolis, MN.

Managed care concepts apply to nearly every career path within the world of pharmacy, and we encourage students to check us out at the back to school picnic and at our first meeting in September!

## Kappa Psi: Looking Forward to Another Great Year

By Julie Styche

The Brothers of the Beta Kappa Chapter of Kappa Psi Pharmaceutical Fraternity recently received some great news: Beta Kappa has been internationally ranked as the #2 Top Collegiate Chapter of 2010! Our Brothers have worked incredibly hard to achieve

this ranking and are extremely proud to share the good news.

In addition to hearing such wonderful news, the Brothers also had an eventful summer, including a trip to Sandcastle, whitewater rafting at Ohiopyle State Park and playing in a summer softball league. Brothers also participated in

the annual "Houselift" during which they cleaned, painted, and prepped the KY House for the upcoming year.



With that, our chapter is excited to announce our 2010 Fall Rush Schedule:

**Tuesday 9/14 @ 12 pm:** Lunch and information session in 402 Salk

**Monday 9/20 @ 6 pm:** Dinner and lawn games on the Petersen Events Center Lawn

**Wednesday 9/29 @ 6 pm:** Cookout at the KY House (361 Atwood Street)

Those students who are interested in becoming part of the Kappa Psi (the world's oldest and largest professional pharmacy fraternity!) should attend as many Rush Events as possible, and feel free to talk to any of the Brothers if you have questions regarding Kappa Psi. Also, check out the national Kappa Psi website ([www.kappapsi.org](http://www.kappapsi.org)) and our Beta Kappa chapter website ([www.betakappa.kappapsi.org](http://www.betakappa.kappapsi.org)).

Welcome back and good luck in the upcoming school year!

## RxPREP "Meet Your Mentor Night:" September 22!

By Sarah Rindfuss, RxPREP President

RxPREP is a student run organization designed to educate and support undergraduate pre-pharmacy students through academic, social, and community activities by increasing their knowledge about the pharmacy school application process and providing them with insight of the many career paths available in the field of pharmaceutical sciences.

Our annual "Meet Your Mentor Night" is going to be held on Wednesday, September 22<sup>nd</sup>, and RxPREP needs your help! RxPREP has over 200 undergraduate members who are either studying pre-pharmacy or have an interest in the pharmaceutical field.

I am sure each and every one of you can remember what it was like to be an undergraduate student and have no idea how to apply to pharmacy school or what it would be like once you got there.

By volunteering to be an RxPREP mentor, you will be able to help answer these questions for an undergraduate student, assisting them with any questions that they may have about our School of Pharmacy or the profession in general.

The number of undergraduate students that each mentor will receive will vary

depending on how many mentors offer to volunteer, but it is usually around three or four. There is no further time commitment involved other than this night with the exception of communicating with your students via e-mail if they have any questions.

There is no need to sign up for Mentor Night in advance; simply plan on showing up to 402 from 5-6 PM on Wednesday, September 22<sup>nd</sup>. Please contact me with any further questions regarding the mentor program at [slr38@pitt.edu](mailto:slr38@pitt.edu).

Hope to see you there!

## LKS Delta Chapter Hosts 41st Biennial Convention

By Kailey Troutman

The ladies of Lambda Kappa Sigma are always on the go, and after a successful summer of meeting new sisters, promoting the profession of pharmacy, and serving others, they are looking forward to the upcoming semester.

From July 29<sup>th</sup> to the 31<sup>st</sup>, Pitt's Delta Chapter of LKS hosted the 41<sup>st</sup> biennial convention in Pittsburgh along with the Tau Chapter from Duquesne University. Preparation for this event was a large responsibility for LKS members, as it was important to showcase the chapter to visitors from across the country. During the past school year, LKS sisters devoted countless hours to preparing for the convention.

With the theme "Building Bridges of Sisterhood," the convention was organized to include continuing education lectures, skills workshops, and motiva-

tional speakers. At the end of each day, all attending sisters took part in a variety of social activities, including a service project of making fleece blankets for premature infants in the Pittsburgh area. In the end, all of the sisters' hard work paid off, as both the Pitt and Duquesne chapters received a large amount of positive feedback. The convention was a great success and was the most highly attended convention in LKS history. A huge thank you goes out to the seven sisters who were able to attend: Justine Parker, Jessica Elefritz, Katie Simms, Katrina Zook, Samantha Allen, Kelly Huffman, and Mallori Lee.

Even though the convention has come and gone, LKS has a busy fall planned. During the month of September, the recruitment period for LKS

will begin. Look for announcements throughout the next couple of weeks detailing the complete recruitment schedule. We look forward to meeting all interested students! Additionally, this fall will feature LKS's second "What Not to Wear" fashion show and fundraiser. It was a wonderful time last year, and we hope that everyone will attend to preview that latest (and most appropriate) pharmacy school fashions. LKS will also be volunteering at the women's shelter in Pittsburgh to promote the Dean's Theme of Cardiovascular Health this school year.

LKS would like to wish congratulations and good luck to all of the incoming P1 students. We are excited to meet you and hope that as you explore the many pharmacy school organizations, you will consider joining LKS!

## Phi Lambda Sigma Sponsors P1 Mentoring Program

By Sarah Rindfuss

Phi Lambda Sigma (PLS) is an honors and leadership organization that brings together student leaders and allows for easy communication and collaboration between various organizations. PLS assists the pharmacy school with various events, including orientation, leadership retreats, the white coat ceremony, and pharmacy week's auction. Members are selected through peer recognition of dedication to leadership achievement and service.

Phi Lambda Sigma members have spent an immense amount of time over the summer working on the P1 mentoring program. So far, we have over forty mentors (either PLS members or executive board members of other organizations) representing a majority of

the organizations within the School of Pharmacy. Each of the mentors will be responsible for two or three P1 students. This number has been reduced from last year where each mentor was responsible for six or seven P1 students; we hope that the smaller group volume will enable stronger relationships to develop in an effort to make the P1 students feel more welcome at a quicker pace. Mentors will be meeting with their P1 mentees during orientation and during a pizza lunch on Monday, September 13<sup>th</sup>, and will also be corresponding with their mentees via e-mail throughout the school year. Mentors will be able to answer questions for their P1 students or direct them to a source to find an answer. In order to

best match mentors to P1 students, each mentor has been asked to fill out a "compatibility checklist" so that students with similar needs and interests may be matched. For example, P1 students who are transfers may find it easier to relate to mentors who are also transfers, or two students who are both interested in pharmaceutical research may be more likely to be compatible.

All current PLS members are encouraged to attend the first meeting of the semester, which will be held on Wednesday, September 8<sup>th</sup> at noon in PCLC 229. Our first Professional Lecture Series date of the semester is Wednesday, September 15<sup>th</sup> at noon in 402.

## Getting to Know GPSA

By Nick Wytiaz

For over 30 years, the Graduate & Professional student Assembly (GPSA) has been representing the interests of graduate and professional students at the University of Pittsburgh, while serving as the umbrella organization for graduate and professional student organizations within the university.

As the governing body for all graduate and professional students at the University of Pittsburgh, **GPSA administers half of the graduate student activity fee to provide programming and services to all graduate and professional students**, including a popular travel grant program for attending and presenting at conferences, free legal services, and supplemental funds for graduate student organizations. The social programming that GPSA provides throughout the year includes networking, cultural, and local sporting events. Most importantly, GPSA connects graduate students to Pitt's administrators through graduate

student representation on many University committees. These representatives advocate and make recommendations regarding students to the Office of the Provost, University Senate, Board of Trustees and other university-wide committees.

This year, GPSA President Sudipta 'Nila' Devanath and her executive board have already hosted a wide variety of great events. From Happy Hours at Peter's Pub to movie screenings in Schenley Park to a day at Sandcastle Water Park to walking tours of Pittsburgh, GPSA has something for everyone! Upcoming events include "Pancakes & Politics with U.S. Rep. Mike Doyle" Thursday, September 2nd at 8:15 am in the William Pitt Union Lower Lounge (Q&A with Rep. Doyle and free Pamela's pancakes & Dunkin' Donuts coffee!) and a reception for the "Student Civic Engagement Month Proclamation" Tuesday, September 7th from 1:00-3:00 PM at the Frick Fine

Arts (Celebrate the Pittsburgh City Council's proclamation designating September as Student Civic Engagement Month. Light catering will be provided). All pharmacy students are invited to participate in these events.

GPSA represents the concerns of all graduate and professional students. As APhA-ASP Chair to the Council of Professional Activities, I will be serving as the School of Pharmacy representative, so please contact me ([npw6@pitt.edu](mailto:npw6@pitt.edu)) if you have an issue GPSA can help with.

Graduate and professional students can get involved with the GPSA by attending the monthly assembly meetings or visiting our office in William Pitt Union. To get communications, updates, and event invites directly from GPSA, you can follow us on Facebook, Twitter, or you can sign up for our email list by emailing [pittgpsa@gmail.com](mailto:pittgpsa@gmail.com).

## Kick Another Year Off Right....with the Social Committee!

By Rebecca Crooks and Alicia Lichvar

Is your secret dream job a party planner? Want to be involved within Salk Hall in a fun, creative committee whose philosophy is, "life is a party?" Whether you're a P1 just starting out or a P3 seeing the light at the end of the tunnel, it's never too early or too late to get involved within the School of Pharmacy! APhA-ASP's Social Activities Committee might be the perfect fit for you! This year holds numerous exciting events, and we need YOU to be a part of all of them! If you join our committee, you will not only be in loop in terms of the School of Pharmacy's so-

cial occasions but also have the chance to plan for these awesome events!

This summer has been extremely busy for Rebecca Crooks and Alicia Lichvar, the Co-Chairs of the Social Activities Committee, who have been working extremely hard over the summer in order to have an incredible year. The first event of the year, the Back to School Picnic is an annual, school-wide event that is the perfect kick-off to the Fall semester. It occurs September 7<sup>th</sup> and boasts FREE food, great music, fun games, an activities fair, and a fierce dessert competition. Organizations will

be in attendance to provide information and answer any questions that new students might have. This is an ideal opportunity for new and old students alike to kick-off another great fall in Salk Hall!

If you are interested in joining us in the Social Activities Committee, please contact Rebecca Crooks ([rac50@pitt.edu](mailto:rac50@pitt.edu)) or Alicia Lichvar ([abl18@pitt.edu](mailto:abl18@pitt.edu)).

## Welcome Back from Rho Chi!

By Svetlana Goldman

Rho Chi would like to welcome back all the pharmacy students and hope that everyone had a wonderful summer vacation! This summer Rho Chi members participated in the Salvation Army Adult Rehabilitation Center (ARC) Health Talks, where pharmacy students came to talk to the population about various health topics including Medication Safety, First Aid, Mental Health, GERD, and Smoking Cessation.

We are thankful to Dr. Pater and Dr. Jonkman for taking on the role of our new preceptors for the ARC Health talks and excited to continue this great service project with their help. Also, we would like to say thank you to our former preceptor, Dr. Erin Schultz, for all her hard work and support in developing and assisting with the monthly ARC Health talks.

In the future we will be teaming up with PLS to help out with the P1 mentoring program and bringing in guest speakers to talk about various health topics. Good luck to everyone with the start of a new school year!

## Rho Chi Student of the Month – Shailly Shah, P3

By Abbey Schram

Rho Chi would like to congratulate **Shailly Shah** for being selected as the Rho Chi Student of the Month for August. Shailly was nominated by a number of her peers for her ability and willingness to get involved in the community and in her profession. Shailly was nominated for her active involvement in APhA-ASP at the end of the school year and throughout the summer.

Shailly has completed her transition into becoming the new President of APhA-ASP. Shailly is also involved in PLS and the mentoring program. She is also a member of the Curriculum Committee and AMCP. Over the summer, Shailly took part in the Target Executive Internship and spent a lot of her time developing ASP's new inter-professional committee. Shailly has been very active in her community and has expressed the characteristics of a true professional.

To learn more about Shailly or the Student of the Month Program, please see the full article posted in the Salk Hall 4th floor bulletin board. Student

of the Month will be continued next month as well. Each month, one student pharmacist will

be selected from those nominated to be recognized by Rho Chi for their dedication and involvement in our profession.

Students can only be honored if they are nominated by their peers. So please take a moment to nominate one of your classmates who you feel deserves recognition for their hard work. Nomination forms are available in the PCLC and can be entered into the Rho Chi Box in the PCLC or emailed to [aes61@pitt.edu](mailto:aes61@pitt.edu).

Congrats Shailly!!



Interested in writing  
or design?

Join the Pitt Capsule!



For more information,  
e-mail Tim Mizak at  
[PittCapsule@gmail.com](mailto:PittCapsule@gmail.com)

## P4 Class Updates

By Mike Smith

As you all are reading (or not reading) this, you are probably sitting in Salk Hall getting ready for the start of another semester, where you will find the eager P1's, the P2's scared of ID, and the P3 class angry they aren't P4's yet. Welcome back! From the (so close to departing) Class of 2011, we would like to congratulate the incoming class, as well as the other classes for successfully navigating another year in the good ole' SOP. Good luck with all you do.

If any students are interested, the P4's will be giving seminars every Monday and Wednesday from 2:30-5:10 in 456 through November. Also, if there are any rotation areas of interest that you would like to learn more about, please be in contact ([mas81@pitt.edu](mailto:mas81@pitt.edu)), and we will do our best to either write an article for the Pitt Capsule or contact you directly.