

OCTOBER 2015

The

Pitt Capsule

University of Pittsburgh School of Pharmacy



SNPhA

Ingrid Pan, SNPhA President

SNPhA has been very busy since the start of the school year! The Operation Immunization Flu Clinic in Falk Pharmacy and the various on-campus flu clinic locations are up and running. If you are interested in volunteering or receiving IPPE hours, please contact snpha.pitt@gmail.com for the sign up sheet. Spots are still available and we are always looking for more participation!

Undergraduate students are a huge component of our organization. We provide pharmacy experiences for them as well as an opportunity to make connections to the pharmacy school and pharmacy students. We held a mixer with RxPrep for undergraduate students in the William Pitt Union on Wednesday, September 9. Students were able to munch on snacks while the SNPhA vice president and RxPrep officers provided background about each organization. At the end of the information session, pharmacy students and pre-pharmacy students of various classes socialized. It was a great success and we hope to continue it again next year!

Our pharmacy and undergraduate members walked as a team in the JDRF Walk to Cure Diabetes on Saturday, September 19. The JDRF Walk raises money for research for adolescents with Type 1 diabetes. Each participant donated \$10 to the walk and got a free

Get Involved with SNPhA!

General Body Meeting:

Oct 7th

12pm in 456

Pitt Make a Difference Day

Oct 24th

Volunteer with
"Team SNPhA!"

Prez Phun Fact! (pg8.)

SNPhA President: Ingrid Pan

I worked as a loss preventions officer (aka a security officer) at Dorney Park and Wildwater Kingdom in High School. I am also an elite Yelper in Pittsburgh since 2014.



“Team SNPhA” T-shirt to wear while participating in the walk. We raised \$245 for this great cause! Our sister chapter at Duquesne University participated in the walk with us and we had a great time getting to know each other and raising awareness about Type 1 diabetes.

SNPhA will be continuing our HPV Awareness Initiative with APhA-ASP in collaboration with the Jewish Healthcare Foundation. Both organizations are working together to reach the college-aged catch up group. Our goal is to reach as many of our peers through student organizations, university events, and dorms. The first event will be on Wednesday, September 23 in Sutherland East where pharmacy students and freshmen will interact in a casual setting to learn more about HPV, the vaccine, and general sexual health. The health fair-like event will offer freebies such as mirrors, lip balms, water bottles, and shot pens to attendees. More dorm events are in the works and we will definitely need help for the upcoming year!

We have big plans for the month of October! We plan to volunteer as “Team SNPhA” for Pitt Make a Difference Day, host a HPV movie screening, *Someone You Love: The HPV Epidemic* with a health professional panel, and hold HIV/AIDS awareness talks at local high schools! Our next general body meeting will be **October 7th at noon in 456**. We hope to see you there!



"Life starts all over again when it gets crisp in the fall." —F. Scott Fitzgerald, *The Great Gatsby*



Lambda Kappa Sigma

Pumpkin Spice Season

Kayla McFeely, LKS Corresponding Secretary

September was a busy month for the gals of Lambda Kappa Sigma. We have enjoyed the pleasure of getting to know many of the P1 students through our exciting recruitment events, such as a pizza and ice cream social, a dessert lunch (yum!), and a barbeque with PDC. We are excited to welcome many new and exciting personalities and talents to our chapter!

Further, our hardworking committee chairs have started planning the social, fundraising, academic, and professional projects for the year. We will continue to support our philanthropy, Project HOPE, and give back to the community in many other ways, such as continuing our work with the Children's Institute, Family House, and National Ovarian Cancer Coalition, just to name a few. We are also beginning our fall fundraisers: the clothing sale (which includes spirit jerseys!) and Yankee Candle (see any sister for information). Further, the social chairs have been working hard to organize another memorable formal, finalize details on a mixer with Pitt's other professional schools, and plan a sisterhood retreat. We would also like to wish our Dean's Them committee as they prepare to pitch our operation immunization project idea as they did at the fall leadership retreat, shark tank style!

A look ahead: Over the last couple years, we have been working to grow our event HOPE WaLKS. It really came together last year, but we want this event to be comparable in hype and success to Dr. Salk Hall (get excited for pharmacy weeks 2016!). In order to do this, the committee members have been putting in a lot of work already for the walk that will occur this spring. They are even working with the Duquesne chapter to further increase the success of this event!

We have a lot to look forward to, but are most excited in this moment to grow our chapter with the incoming pledge class! Congratulations to those who accepted a bid: we are thrilled to welcome you to our wonderful organization!



Rho Chi: Gearing Up!

Kaley Hayes, Rho Chi Historian

Members of Rho Chi have enjoyed a busy but relaxing transition back into the school year. The first Rho Chi event of the school year is the bi-annual Rho Chi business card sale! Business cards are an essential for any pharmacy student going to conferences, completing rotations, or networking in general, and Rho Chi has several great designs to choose from. Talk to one of our Professional Development Chairs, Brittany Hardek and Kaitlin Zeis, or any Rho Chi member for more information!

The monthly Rho Chi/PLS Professional Lecture Series will take place on Wednesday, September 23rd at noon in Room 355. Join us in welcoming Bridget T. Walker, MBA, R.Ph. Director of Pharmacy Business Programs and Assistant Professor at the School of Pharmacy, who undoubtedly will have some unique advice to share. Next up for the chapter are our tutoring and semester-at-a-glance events, which will include topics like Top Drugs for P1s and Wisser/capstone for P2s. Stay tuned for

updates and more details about these critical services Rho Chi will be offering!

In addition to the organization's fundraising, tutoring, and academic planning, Rho Chi members also continue to service the community through monthly health talks at the South Side Salvation Army Rehabilitation Center, educating patients there about the Cold and Flu in September. Next up for the series, the Dean's Theme and general hot-topic, immunizations!

Finally, mark your calendars! The Rho Chi semi-annual blood drive is October 29th. Get that heme flowing so that the Pharmacy School can win the unspoken competition between the Dental School for the most participation (and save a few lives while you're at it)! See Melissa Bastacky for more information.

Have a wonderful October!

PLS Falls into September

Phi Lambda Sigma

Kerry Moore, PLS Secretary

Phi Lambda Sigma has had a busy September! Welcoming the new P1s at the Back-to-School Picnic and orientation events was just the start of the fun. Over 95 students, representing all organizations at Pitt Pharmacy, attended the Fall Leadership Retreat Monday, September 21st, which we co-hosted with APhA-ASP. Thank you to all who attended and continue to inspire leadership and foster collaboration in our school. Student organizations pitched their innovative ideas for the 2015-2016 Dean's Theme: Operation Immunization, while Shark Tank faculty members gave thoughtful feedback and allocated funds to organizations. On Wednesday, September 23rd the PLS/Rho Chi Professional Lecture Series began for the year with guest speaker Bridget Walker, MBA, R.Ph. Dr. Walker is the Director of Pharmacy Business Programs and an Assistant Professor at the School of Pharmacy. Thank you to all who attended, and look out for our next installment of the Professional Lecture Series in October!

The Student Society of Health System Pharmacy

Alyssa Davis, SSHP Business Manager

After a great turnout at the first general body meeting and back to school picnic, SSHP is excited to have kick-started another year! We are thrilled to have a large number of the P1 class join our membership list! Professional projects will continue to hold individual interest meetings and training sessions for those who would like to participate.

The Step Out: Walk To Stop Diabetes on September 26th was another success! SSHP partnered with APhA for this 2.8 mile walk/run in order to raise money for a great cause. Yesterday was the annual Clinical Skills Competition, where teams of two analyzed

clinical scenarios commonly seen in practice and developed pharmaceutical care plans accordingly. Thank you to all of our judges and congratulations to the winners who now have the opportunity to represent our chapter at the national CSC at midyear in New Orleans!

On October 20th at 12pm, SSHP will be having our second general body meeting. The topic for this meeting is Residency 101 with Dr. Greenlee, who is a PGY-1 residency program director and cardiology pharmacy clinical specialist at the Cleveland Clinic. Hopefully everyone ordered a fleece from this year's fundraising sale as it is now wrapping up! If you have any questions, just send an email to pitt.sshp@gmail.com!

College of Psychiatric and Neurologic Pharmacists

Jessica Pavolko, CPNP Secretary

Though the semester just started, CPNP has hit the ground running with some changes and new opportunities. We continue to have guest speakers at general body meetings to discuss their roles as medical professionals in the psychiatric field and provide guidance for those aspiring to follow in their footsteps. There are even opportunities for shadowing clinical pharmacists at Western Psychiatric Institute and Clinic (WPIC). We will also host discussion groups where participants analyze the portrayal of mental health in movies. To better the community, we contribute to the Ambulatory Detox Quarterly patient newsletter and participate in nursing in-service days.

The new executive board has been working very hard to broaden our horizons and increase membership. We will always welcome new members at general body meetings, whether you'd like to contribute to discussions or just want to listen and learn. Some new opportunities this year include a more balanced focus on both psychiatry and neurology; we are in the process

of contacting guest speakers who work in the neurology field to discuss things like Parkinson's. CPNP is most excited about the upcoming National Alliance on Mental Illness (NAMI) Walk! The event takes place on Sunday, October 4th at 10AM in West Homestead, PA. We created our own team and will pledge a donation to benefit NAMI. For more information and to participate in the walk - whether you're a member or not - check out our NAMI Walk Facebook event.

If you have any questions about becoming a member, learning/volunteer opportunities, or the NAMI Walk, e-mail us at cpnppitt@gmail.com. P.S. To all you pin junkies out there, CPNP sells green ribbon lapel pins that represent mental health awareness! Get yours today!

SCCP UPDATE & CLINICAL QUESTION

Ryann O'Neill, SCCP Secretary

The Student College of Clinical Pharmacy (SCCP) recently held our first meeting of the school year. Thank you to all that attended!

At the meeting, we discussed our Dean's Theme project, which is focused on educating patients on the pneumococcal vaccination and encouraging all those indicated to be vaccinated. We plan to hold vaccination clinics where students will be able to interact with patients and providers.

Additionally, we introduced our new project ideas that offer ways for members to get involved. These projects include hosting a networking event to highlight the faculty who are involved with ACCP, publishing clinical cases in the Pitt Capsule, monthly case studies or updates in therapeutics presented by faculty, residents, or students, creating a pen pal project with clinical pharmacy students from China, and continuing the Get Smart antibiotics project from last year!

If you haven't already, you can still join SCCP! The advantages of SCCP and ACCP involvement are expansive. For just one example, this month, a group of P2 and P3 SCCP members will be attending the ACCP Global Conference in San Francisco, California. At the meeting, they'll have the opportunity to hear from and interact with leading practitioners and researchers from all over the world. This is a great opportunity to network and learn from leaders in the field of pharmacy!

As stated above, we will be including Clinical Questions in The Pitt Capsule. Submit an answer to the following question by emailing pitt.accp.eboard@gmail.com for a chance to win a prize!

JL, a 55-year-old white female, presents to your community pharmacy complaining of shortness of breath, weakness, and "something that feels like indigestion." Her symptoms began about an hour ago and nothing she's done, including taking a Tums, has made her feel better.

Is this patient eligible for self-care? What could be causing JL's symptoms? What would your recommendation to her be?



APhA-ASP

Alexa Hospodar, APhA-ASP Social VP

We had a great start to the school year at the Annual Back-to-School Picnic! After being away all summer, students were able to mingle and check out all of the awesome organizations set up at the Vietnam Veteran's Pavilion. It was a great opportunity for these organizations to recruit new members and get the word out about all of the events they will be having this year while the P1's navigated the vast sea of flyers and signup sheets. I'd like to make a huge shout-out to the pharmacy guys who grilled the hot food in that heat wave, and a thank you to everyone that made the evening a success and came out to the picnic!

The Social Committee will be working on more fun events in the upcoming weeks that you can expect to be involved in, including the Annual Pharmacy School Spelling Bee, which will be held next month during October's Pharmacist Month celebrations. Watch for announcements and signups for our future events, and feel free to email Alexa at arh72@pitt.edu if you have any suggestions for an event you would like to have for the Pharmacy School. In the mean time, start practicing the S-P-E-L-L-I-N-G of those drug names and tricky medical terms. Hope to see everyone there in October!

AMCP Chapter also brought student pharmacists and professionals together for the Northeast Region AMCP Program. This program focused on the "Shifting Paradigms in Lipid Management." With the approval of new PCSK-9 inhibitors, lipid management is certainly a hot topic in managed care. The program was a virtual webinar with all of the chapters in the Northeast Region. Professionals from various health plans in the Pittsburgh area attended to obtain continuing education credit and students had a great opportunity to network at the event.

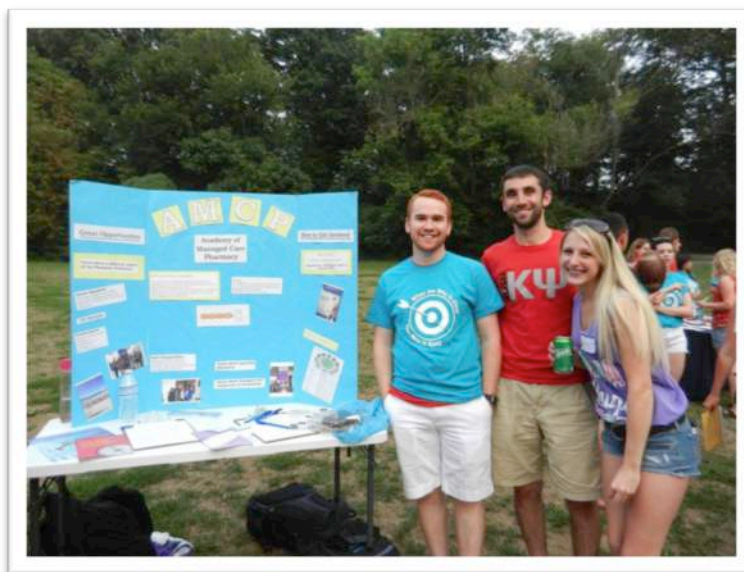


Next month, AMCP will be having an informational session focusing on the P&T Competition. The P&T competition is a fantastic way to gain exposure to formulary decision-making and cost analysis of a newly approved drug. It is certainly a beneficial experience that would look good on any resume! At the informational session, the guidelines and important dates for the competition will be reviewed. Keep your eye out for an email about this meeting to learn more! If you have any questions about AMCP, feel free to reach out to amcpitt@gmail.com!

Academy of Managed Care Pharmacy

Alex Marshall, AMCP Communications Chair

This is a busy time of the year for ACMP! We had great representation at the picnic and were able to introduce the organization to many P1's. Last week we held our first general body meeting, where we had a big turn out. The e-board gave a presentation outlining managed care and some of the key aspects of this area of pharmacy such as drug utilization reviews, formulary management, and specialty pharmacy. In addition, Pitt's



Pennsylvania Pharmacists Association

Laura Yost, PPA Communications Ambassador

September has been an exciting month for PPA. We would like to thank everyone who visited our table at the back-to-school picnic. We had a great time meeting everyone and look forward to getting to know you throughout the year. Our membership ambassador, Marissa Badzik, has done an amazing job recruiting new members and we are eager to see how our chapter will grow! The first general body meeting of the year was a success, welcoming over 100 students, including returning members as well as potential new members. If you were unable to make the meeting, the Power Point presentation with all the information you need is located on the Porxal. **To become a member of Pitt's PPA chapter, visit www.papharmacists.com.** Please contact Marissa at mdb90@pitt.edu with any questions about joining.

With your PPA membership, you also receive a free membership to the Allegheny County Pharmacists Association. Every September the student chapters from Pitt and Duquesne University are invited to attend the ACPA annual picnic in Schenley Park. This year we had an educational session on new naloxone dispensing laws followed by free dinner and dessert. It was an excellent opportunity for us to network with pharmacists practicing in the Pittsburgh area, as well as students from the

Duquesne chapter. Unfortunately the rainy weather did not allow us to challenge the reigning kickball champions, and Duquesne University will hold the title for another year. The ACPA picnic is always one of Pitt's favorite events and we are already looking forward to next year!

This month be on the lookout for ways to get involved in American Pharmacists Month with PPA. We will be holding "Did You Know?" tabling events to promote the profession of pharmacy. We are also putting our Dean's Theme projects into action. We will also be promoting flu shots in community pharmacies, with a focus on informing parents of the importance of vaccinating their children. Since pharmacists can now immunize children as young as 9, we have the opportunity to impact more people than ever before! Another aspect of our Dean's Theme project is working with the Pitt Athletic Department to create a public service announcement about pharmacist-provided vaccinations. We even plan to include some athletes and coaches in our video! **PPA Dean's Theme committee** is open to all PPA members.

Please email Laura Yost at lay17@pitt.edu if you are interested in participating. There are SO many ways to get involved in PPA this year! Find out more at our next meeting on October 29.



PRESIDENT PHUN PHACT



Jennifer Fever (PPA):
I won an iPad mini through a campus residence life survey the morning before my O Chem 2 final.



Maddie Adams (SCCP):
I teach a Studio Cycling class and am a certified Spinning instructor through Maddogg Athletics (and my childhood nickname was Maddog)



Kerry Moore (SSHP):
Fall is my favorite season, and I think that any variation of an apple cider beverage is the perfect complement to the season.



Keith Long (KY):
I can place both of my feet behind my head and I am allergic to cranberries.



Erica Wilson (APhA-ASP):
The sun makes me sneeze (called photic sneeze reflex) I was also President of Pitt Ballet Club during undergrad.



Emily Schartner (CPNP):
I won two conference championships as a member of the women's basketball team in undergrad at Point Park University. I have a 4 month old kitten named Dexter.



Maeghan Moss (LKS):
I don't eat the ends of any sandwiches, wraps, or hotdogs. Combined, I have donated over 30 inches of my hair.



Alex Marshall (P3 Class):
I have been dog sledding on a glacier in Alaska. I have spent multiple nights in the Peterson Events Center waiting in line for basketball.



Julie Mandel (P2 Class):
I won 3rd place in a national French poetry contest in 11th grade by writing an original poem in French and reciting it.



Maddie Chavara (PLS):
I love cars! I even went to the Formula 1 Grand Prix in Monaco last summer and loved the thrill of the race.



Dylan Atkinson (AMCP):
One of my favorite movies of all time is Balto (It's a true story of how a dog saved Alaska, how cool is that?!). I also always make everyone stop at the Balto statue every time I go to NYC.



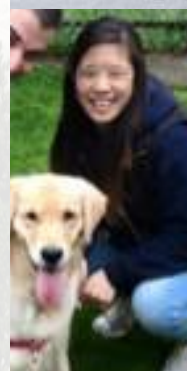
Cavan O'Reilly (PDC):
I have a Bachelor of Science degree in Economics. I have formed a rap group with my friends from home. My rap name is Eazy C.



Brian Terreri (SIO):
I got dunked on by Leaven Bell of the Pittsburgh Steelers. I challenged my high school principal to a beatbox competition on stage at graduation



Keito Hotshitsuki (Rho Chi):
If I wasn't going to pharmacy school, I would be a pilot. I am a band geek and I really love marching bands.



Ingrid Pan (SNPhA):
I worked as a loss preventions officer (aka a security officer) at Dorney Park and Wildwater Kingdom in High School. I am also an elite Yelper in Pittsburgh since 2014.

PDC Updates

Peppi's and IPPE's

Tyler Ginn, PDC Secretary

It's that time of year again. One could even say it's the most wonderful time of the year! It's the time where we all realize that we've done absolutely

nothing and every test, project, and presentation lands on our plate at the exact same time. Well, PDC is proud to say that we've planned ahead for this horrible time, prepared ourselves, and are attacking and overcoming this beast once and for all. Instead of slacking and eating our Peppi's in shame, we've already begun to set up multiple service events, raise money for amazing charities, and show the incoming pledges what Phi Delta Chi truly stands for.



For example, we have raised over \$2,000 and counting for the St. Jude's Walk/Run to End Childhood Cancer on September 26th at Frick Park. Additionally, we've kept in close contact with the fantastic people at Global Links and are going to help them out in anyway we can on Wednesday October 21st from 6-8pm. At Global Links, you can find numerous brothers volunteering their time by gathering, sorting, and shipping surplus medical supplies to third world countries.

However, if you truly know any of us dudes, you'd know that we wouldn't just stop there with a few juicy IPPE hours and a couple service events. No, this year we are bringing everything PDC has to offer, including some tantalizing, god-sent Peppi's hoagies and our annual professional sale. Now I know that our Peppi's hoagie sale is the only thing getting a lot of you through pharmacy school, so we've decided to begin selling them every other week, instead of monthly, so be on the lookout for that Google Doc. Furthermore, keep an eye out for our annual professional sale this month where we will be selling padfolios, clipboards, and preceptor 'Thank You' cards. In essence, PDC is giving you the tools necessary to become the greatest, most nourished professional you can be.

Finally, we welcome the incoming P1 pledges into this brotastic brotherhood. As our brothers and alumni teach these remarkable men about what Phi Delta Chi is built on, we can only wait in anticipation to see what great heights they take this fraternity to.



Back to School for Kappa Psi

Betsy Smith, KY Corresponding Secretary

After another much-too-short summer, Kappa Psi is back into the swing of another year. We have been busy with our rush events to recruit new members. In addition to the Back to School Picnic, we also held an ice cream social, breakfast for dinner, and a cookout. The Brothers all had a great time getting to know all of the P1's that attended these events!

Many Brothers, especially Kappa Psi's patient care committee, have been working hard to implement our patient care project for the semester. This project involves making posters with information about the HPV vaccine and the meningococcal vaccine. These two vaccines were chosen because many college students have not had them and are still eligible to receive them. These posters will be presented by Brothers at the traveling flu clinics held by Student Health, beginning at the Healthy U Fair on September 30th and continuing through November. The patient care committee is working hard to expand this project in the spring semester.

In addition to schoolwork and projects, the Brothers of Kappa Psi have been volunteering their time to many fun and rewarding philanthropy projects. A large group went to Global Links, an organization that works to improve public health in the poorest countries in the Western Hemisphere. Volunteers can help in a variety of ways, but our Brothers usually help by packing and sorting medical supplies to be shipped where they are needed. Brothers will also be participating in a number of walks this fall, including the Heart Walk, the Step Out Diabetes Walk, and the NAMI (National Alliance on Mental Illness) Walk.

Kappa Psi has many more exciting things planned for the rest of the fall semester. Stay tuned for updates on the haunted house trip, our lineage dinner, philanthropy, and our patient care projects.

Phashion Phorum

One Step Closer to the Job You Want

Doreen Foy, Stephanie Tchen, Iris Tang, Pauline Hoang

On September 15th, Salk Pavilion hosted a ribbon cutting ceremony for its grand opening. Chancellor Gallagher and representatives from Giant Eagle and CVS were in attendance. For this special event, Dean Kroboth chose to wear a navy dress with a matching blazer.



Dean Kroboth shared with us that different occasions have different professional dress codes. First is business formal, which includes job or residency interviews and career fairs. For these events, students want to avoid white coats and wear dark-colored suits instead, because everyone looks great in dark colors. It is neat and professional, but still practical when it comes to hiding accidental stains.

Next is business casual. Dean Kroboth believes that jeans and sneakers should never be worn at these occasions. No excuses! For men, it is appropriate to wear a nice shirt with an open collar, but a tie and a blazer are not required. For ladies, dresses and skirts that reach beyond your fingertips are great choices.

Dressing appropriately gives you the confidence to tackle the rest of your day. At interviews, be honest about your answers; if you do not know an answer, pause and state that you need a moment to think. It is important to find a good balance between dressing fashionably and appropriately. Your style should support, not interfere, with your message. As we like to say, "Do not let the clothes wear you, you should wear the clothes!" Moreover, restrictive and uncomfortable clothing can take your attention away from what matters the most. Instead, wear clothes that people of all ages deem to be professional.

Be practical. Be professional. Be comfortable and dress your face with a smile!

Ted Baker Honkar Satchel in Oxblood

(\$205)

Professional dress isn't strictly limited to clothing. Try swapping out yesterday's book bags and purses for a professional-looking satchel. This burgundy color is perfect for fall and winter



Tieks Ballet Flats in Taupe

(\$175)

Since sneakers and sandals are out of the question, flats are your next best option for comfortable shoes. Tieks are hand-made and rumored to be some of the comfiest shoes out there. Try them out the next time your feet decide they need a break from the heels. They're not too bad on the eyes either.

A Word to the Wise

Why I came to Pharmacy School ...and why I stay.

Keito Hoshitsuki

Each of us was asked in our pharmacy school interviews “why do you want to be a pharmacist?” We knew we would be asked this question, and we rehearsed a genuine answer that included a combination of helping people, science, and life experience. I still remember how I answered that question: “I want to apply my love for science to care for people.” I was excited as I began my P1 year to start on that journey.

I can tell you that the excitement faded slowly much like a “honeymoon” period. The exams and assignments piled up while sleep and time with friends dwindled. I heard stories of how it just gets harder, and the fear of failure crept in. Inevitably, stress accumulated and I began questioning, “what am I doing here?” The pre-pharmacy Keito would have answered “because I want to apply my love for science to care for people” but the student pharmacist me who was doing exactly that would answer “I don’t know.”

I don’t think I lost my sense of purpose, but it got buried under the weight of looming career decisions, assignments, deadlines, but most importantly, the negativity surrounding all of it. It was easier for me to complain and find peers to be disgruntled with. The positive sense of purpose I had at the beginning of my journey had been replaced with a necrotizing negative attitude towards everything. I had to seriously contemplate why I stay in pharmacy school, and I came to the same conclusion: I want to apply my love for science to care for people. It was true then and it was true now.

I write this with the hope that someone connects with this experience and finds solace in the simple fact that you are not alone. My best advice is not how to study but how to maintain a positive attitude and to remind yourself of why you came to pharmacy school. For me, that is the reason I stay.

Fall Rises

Aaron Devanathan

October is my favorite month of the year. The weather is generally great because the summer heat has passed and the late fall chill has not yet begun. Academically, October marks the halfway point of the semester, and I hope the semester is going well. This is the time to reflect and ensure that what you have done is aligned with what you want. Much like halftime is intended for various sports, October is the time for you to make some changes before the second half.

Up until rotations started, I hadn’t grasped the importance of reflecting about what I had done. I now realize how truly important it is and not even just for employment. Recall a time when you asked your parents a question and they were unable to answer. In fact, recall a time when you asked your parents a question about an experience you knew they had, but they couldn’t really give you a clear picture of it. This seems like a “waste” that they had the experience similar to yours, but couldn’t eloquently describe it since they were unable to remember the feelings and emotions during that time. It may sound silly, but reflecting may make you a better and more sympathetic person.

Many of us take pictures for memories. Many of us recall our parents showing us pictures of their pasts in order to show us a piece of their lives, but what we really want is the story behind the picture. That story emerges from reflection. I think we all reflect in one way or another. Learning from our mistakes is an example of reflecting.

During these fall months, take some time to consciously reflect on your experiences. Maybe you will discover a hidden talent or skill. Maybe you will become enlightened about school material. You never know unless you try, and it may reflect well on you.

From the Editor-in-chief

Happy Octopus...I mean October! Thank you everyone for contributing wisdom and humor to this issue. A special thanks to our newly-elected publication chair Shivani for putting this issue together beautifully like the colors of this fall.

October is also the American Pharmacist Month. Follow APhA-ASP on twitter (@PittASP) to compete in our twitter campaign for prizes. Please let us know if you are interested in designing our next issue. Cheers!



pittcapsule@gmail.com



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