



# Pharmacy has Heart

*Fall in love with it all over  
again...*



February 2016

The PITT Capsule



## #PharmacyWeeks2016 Highlights

- ❖ PPA OTC Competition
- ❖ Interprofessional Lecture: Collaborative Practice Agreements in PA
- ❖ Tucci Lecture: Bill Strickland
- ❖ PLS Auction
- ❖ Dr. Gordon J. Vanscoy White Coat Ceremony
- ❖ No Talent Talent Show

## Hello, February!

Lambda Kappa Sigma

Kayla McFeely, LKS Corresponding Secretary

First and foremost, we would like to formally congratulate the most recently crowned Doctor Salk Hall DYLAN ATKINSON!! We would also like to boast that we were able to donate \$1646 split between Project Hope, and Dylan's choice, St. Jude Children's Research Hospital due to the success of the well-planned and entertaining event. Thanks to everyone who came out to support our contestants and to all the sisters that made the event a success, especially Emily Steltenpohl, Abby Kraus, and everyone else who made baked goods or helped to decorate! We could not have put on such a wonderful event again without everyone's support and collaboration.

Looking ahead, the sisters of LKS have come back from break refreshed and ready for another successful semester! We had a great experience last semester between



the success of our InFLUence clinic, the fun of our formal and mixers with other professional schools at Pitt, and the multitude of service projects to which we were able to contribute. We are now looking to the future. As the excitement of Doctor Salk Hall winds down, we are ready to continue the semester with more charitable and exciting events! First, coming up in February we are enthusiastic about our annual sisterhood event, Black and Pink, and will of course be hosting a potluck before the ASP general body meeting this month. On a more professional note, we are working on an advocacy and educational video about the HPV vaccine to promote the Dean's theme. Please look out for this important informational video to address a hot topic in public health right now. Looking even further, we are working to rent a space and put together a committee for our 2<sup>nd</sup> annual Teal Tap to benefit the National Ovarian Cancer Coalition. This event does not take place until March, but we have already begun looking at sponsors, and facilities to rent out. Please get excited about this amazing opportunity to help us educate the community and raise awareness in a more casual and fun setting.



# SNPhA

Ingrid Pan, SNPhA President

With the start of 2016, many of us make New Year's resolutions such as "I will go to the gym every day", "I will eat out less and cook at home", and "I will lose 10 pounds this year". Ultimately, it gets hard as the months pass to stick to those resolutions. SNPhA hosted Dr. Joe Klemczewski, the founder of The Diet Doc, LLC, who provided the hard science behind his five key steps towards a personal health

improvement and to help people stick to those New Year's resolution. He also stimulated the audience's thinking about how pharmacists and student pharmacists can empower their patients to work toward their own health using his five steps. This dynamic and thought-provoking talk brought us back to the basics and reminded us why we chose the field of pharmacy.

SNPhA had the opportunity to speak about HPV and its vaccine to the Campus Women's Organization in conjunction with SSHP's contraception talk. Our inquisitive audience asked questions and created a great learning environment for the attendees. Their impressive knowledge of sexual health allowed our discussions to address the science behind the vaccine and cisgender health. It was a great opportunity for student pharmacists to interact with a different student population.

P1s: We need your help! SNPhA will be hosting a student panel on February 3 at 6PM in 456 for our undergraduate members. If you are interested, please email [snpha.pitt@gmail.com](mailto:snpha.pitt@gmail.com). We would appreciate any help!







1. Pharmacists are Rx rated
2. Pharmacists do it QHS PRN.
3. Pharmacists like easy off tops.
4. Pharmacists welcome all third parties.
5. Pharmacists are patient lovers.

*Top 5 Reasons to  
Date a  
Pharmacist*

## APhA-ASP

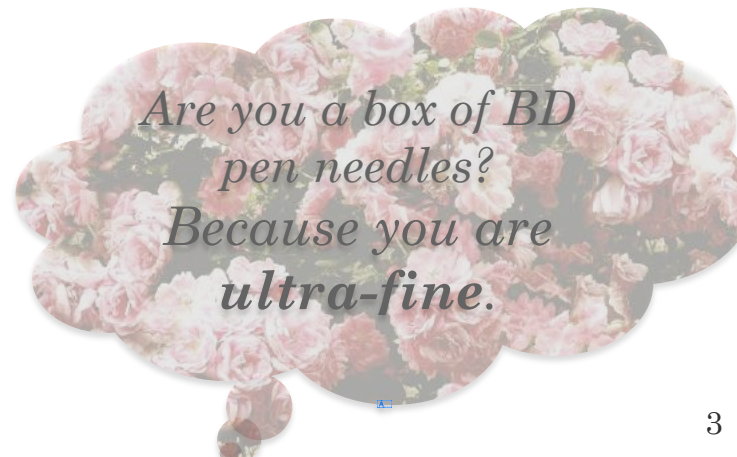
**Alexa Hospodar, APhA-ASP Social Vice President**

The new semester is in full swing and has been extremely busy with Pharmacy Weeks! I wanted to take a moment to thank everyone for coming to all of the events to participate and support all of our organizations, it was a great success! We had a blast at the Sheraton Hotel for formal, Dr. Salk Hall, and the PLS auction just to name a few. Also, congratulations to the P1s for receiving their white coats and not having to wear their name tags anymore!

There is one last event remaining for Pharmacy Weeks, which will be the No Talent Talent Show on Thursday, February 4<sup>th</sup> at Peter's Pub from 6-9 PM. Come on out and cheer on your fellow student pharmacists as they perform their acts that take no talent at all! Those 21 years and older will have access to the bar

and there will be prizes for the best group performance, top performer, and worst act (which will actually be the best), so we hope to see you there!

There will be a social committee meeting coming up later this month to discuss other events we will be having this semester. If you have any suggestions for events, please feel free to email Alexa Hospodar at arh72@pitt.edu. We would love to hear from you!





SCCP

## A New Opportunity

*Ryann O'Neill,  
SCCP Secretary*

The Spring semester is upon us, and with it comes some exciting new adventures and opportunities, including the ACCP Clinical Research Challenge! This brand new, innovative competition focuses on students in their first and second years of the professional program (P1's and P2's), providing them with a chance to hone their skills in the evaluation and application of clinical research and literature. The significance of these skills cannot be understated, as research and scholarship directly contribute to health outcomes and the advancement of the profession of clinical pharmacy.

Teams of three will compete online to advance through the two rounds: first, a journal club and second, a research protocol development. The top 20 teams from round one will continue on to round two, where they will have four weeks to develop their research protocol. The top three teams at the end of the competition will be provided with free registration to present their research designs at the 2016 ACCP Annual Meeting in Hollywood, Fl, in addition to winning a cash prize!

Due to high interest in the competition, SCCP held a local competition in January of

### Student Industry Organization

*Kerry Moore,  
SIO Communications  
Vice President*

Welcome back to the spring semester! SIO is back in business, with our Pharmaceutical Industry Symposium first up on the agenda. This event will take place on Saturday, February 27th at the University Club. The symposium will feature 8 professionals from various roles within pharmaceutical industry.

In addition to networking opportunities throughout the day, students will have the opportunity to ask these professionals questions during the Q&A panel, practice their interviewing skills with mock interviews, and evaluate their CV for areas of improvement during the CV review session. Breakfast and lunch will be provided, and attire is business casual! If interested in this event, RSVP to indicate your attendance by following instructions in the emails that will be sent school-wide, or email [studentindustryorg@gmail.com](mailto:studentindustryorg@gmail.com). We look forward to a great event and are looking forward to seeing our fellow industry-minded students at the event!

this year to determine the members of the team that will represent Pitt nationally. (At the time of this submission, the members of that team had not yet been decided.) The national competition begins February 5<sup>th</sup>. The competition will conclude in mid-March, and the winners will be announced April 29<sup>th</sup>! If you're interested in learning more about the opportunities available through ACCP, there will be an SCCP general body meeting in February, date TBD.

# PDC: A New Year, a New We

**Tyler Ginn, Phi Delta Chi Secretary**

I feel like after every month I say the same thing “as everyone is [insert tedious pharmacy activity], PDC has been going strong and doing everything they can to aid the community and advance the science of pharmacy.” Well, I keep repeating myself because it is all true and these colors don’t bleed. So without further ado, as everyone is getting back into the swing of things and trying to figure out how they are going to make it to the liberation of summer, PDC has been going strong and doing everything they can to aid the community and advance the science of pharmacy.

The Brothers of Phi Delta Chi started this New Year off with a bang. We initiated 16 brotastic men into this brotherly brotherhood of brothers. Take a gander at these fine gentlemen below, I mean come on who wouldn’t want to spend a 9-5 class with one of them? Either way, we are all excited to see what these guys have to offer and look forward to working with them for many years to come. In fact, two of these young bucks, Paul Stangl and Tommy Szeltner, already made names for themselves as they blew away the competition at Dr. Salk Hall tying for 2<sup>nd</sup> Runner-Up. With Paul’s twanging of everyone’s heart strings and Tommy titillating our funny bones, there was no way anyone was going to stop them. But sadly being amazing just simply wasn’t enough, Dylan Atkinson of Kappa Psi ended up going home with the belt. However, we are not sore losers so a congratulations goes out to this man for tap-dancing his way to victory. Being strong advocates of St. Jude Children’s Research Hospital, we sincerely appreciate him donating his winnings to this charity.

Nevertheless, although we didn’t get to win the cake, we still got to eat as Brother Steven P. Brown went home with the prestigious People’s Champ award, Mr. Congeniality. Also, while we are on the topic of eating, we can’t forget to acknowledge the best pound-for-pound eater, Tyler “The Applesauce Boss” Ginn, Kyle Zach’s Old Ski, and Tim “I go to Battle of the Bands with Dr. Poloyac” Crabtree for their participation in Dr. Salk Hall.

Finally, we laced up our boots, packed our sleeping bags, and got ready to square dance as PDC went down to Gatlinburg, TN for our annual leadership retreat. Here we connected with a bunch of other chapters from Duquesne to Butler to even Michigan to spread our love for pharmacy and brotherhood. Next month we will continue this networking as a couple brothers travel to Purdue for the Great Lakes Regional Conference. Overall, it has been a successful month and we all look forward to see what 2016 has to bring, \*hint hint\* it’s Peppis.





## Phi Lambda Sigma

Kerry Moore, PLS Secretary

Phi Lambda Sigma kicked off the spring semester with our annual Pharmacy Auction, benefiting the Grace Lamsam Charity foundation on January 28th at the Hilton Garden Inn. Thank you to all who attended and participated by bidding or donating items! Each year it is the students and faculty who participate that contribute the most to the success of this event. Additionally, Phi Lambda Sigma is excited to welcome new members in early February. Congratulations, new members! The induction ceremony will take place in March at the University Club. Be on the lookout for the second round of the leadership workshop series which are open to all students in the School of Pharmacy. Last year's workshops were extremely successful and we are looking forward to great guest speakers and interesting topics this spring!



## Rho Chi

# Spring Semester has Sprung!

*(Everything is Still Dead Outside Though)*

Kaley Hayes

Rho Chi Historian

Welcome back! We hope everyone had a great winter break. P1's: one semester in the bag, you've got this. P2's: Enjoy this semester, it's much better than the last (but what isn't better than P2 Fall?). P3's: The light. It's at the end of the tunnel. But the tunnel is really dark and scary and filled with a lot of oncology and neurology exams.

Rho Chi members have been busy preparing for the Rho Chi meeting taking place at APhA Annual in March! The Alpha Omicron chapter has been nominated for a prestigious chapter achievement award this year. Exciting! The chapter has prepared a short video which will be shown at the meeting in Baltimore.

On February 17<sup>th</sup> at 12 PM in Room 355, Rho Chi and PLS will be co-hosting the February Professional Lecture series featuring Captain Patrick McNeilly, PhD, RPh, CIP from the Food and Drug Administration Office of Good Clinical Practice. The lecture is sure to be incredibly engaging and unique, and great food (i.e., not pizza) is provided!

Rho Chi and SCCP are teaming up to host the Student Research and Poster Presentation Session on February 23<sup>rd</sup> at lunch in Room 402. Come for free food and stimulating conversation with your peers to learn what exactly they're doing outside of the classroom (we know it's not always Netflix).

Finally, our January Member of the Month is none other than Keito Hoshitsuki, current Rho Chi Alpha Omicron Chapter President. Keito did not formally accept this nomination, but instead tried to nominate several other members of the Chapter by detailing everyone else's accomplishments, which is precisely why he is nominated. Keito worked diligently on the Chapter Achievement Report video over winter break, wrote a project enhancement proposal for national submission for the Chapter, and also wrote several other award nominations in his "free time." In addition, he has created a chapter-wide Box for document and information sharing, initiated several new national award nominations for the Chapter, sustained and began new collaborative projects with other school organizations, and recruited innovative speakers from all over the country for the Rho Chi/PLS lecture series. He is a great Rho Chi member and a motivating, selfless Chapter President. Congratulations!

# SSHP

Alyssa Davis,  
SSHP Business Manager

SSHP is excited to start the spring semester with a continuation of activities and events via professional projects, including the contraception and men's health projects, poison prevention, and the study abroad vaccine project in association with the Dean's Theme. It is never too late to get involved if you missed the opportunity during the fall!

In December, SSHP was well represented by Pitt Pharmacy at the annual ASHP midyear conference in New Orleans. Congratulations to everyone who presented posters and good luck to P4s who are still interviewing for residencies and fellowships. The e-board brought back some great ideas from other chapters that we are hoping to incorporate next year.

Here are a few things to keep an eye out for this spring: SSHP will be providing a brunch with professors for the PLS auction, so start saving! Who doesn't love a mimosa with your teachers? Elections for next year's e-board will be held in March and are open to current P1s and P2s. More information will be provided as the date approaches.

A special thank you goes out to Dr. Pruskowski for attending our general body meeting on January 20th about her role as a palliative care pharmacist. Many students expressed how much they enjoyed hearing her advice on how to be a great pharmacist. As always, don't hesitate to reach out to [pitt.sshp@gmail.com](mailto:pitt.sshp@gmail.com) with any questions or suggestions for the spring!

YOU MAKE MY HEART HAVE  
PREMATURE VENTRICULAR CONTRACTIONS



# AMCP

Alex Marshall  
AMCP Communications Chair

AMCP is kicking off the spring semester with our staple event, the Pharmacy and Therapeutics Competition. This year's drug for the competition is Ventavis (iloprost) for pulmonary hypertension. The P&T Competition allows student pharmacists to gain a real world perspective of the formulary management process that occurs at managed care organizations across the country. Each team has evaluated Ventavis based on efficacy, safety, cost, and quality of life measures. Both clinical and pharmacoeconomic skills are utilized to make a recommendation on the addition of Ventavis to a formulary. There are several components that must be prepared by each team for the

competition, including the formation of a drug monograph and a presentation to be given to judges. This year, we currently have two teams competing and a panel of judges. The P&T competition is scheduled for January 26 at 6 PM in Room 355. It is open to all students and is a great way to learn more about managed care. For those interested in participating in the P&T competition next year, this is a great opportunity to learn more. The winner of Pitt's local P&T competition will then apply to compete at the national level at the AMCP Annual Meeting in San Francisco, California in April. Teams from eight schools are selected for the national competition. Following the P&T competition, AMCP is looking forward to bringing in guests speakers from the managed care world to speak with students about their careers. Stay tuned for more information regarding these event and the results of the P&T competition!



# PPA

Laura Yost,  
PPA Communications Ambassador

## How do you woo a pharmacist? Let me count the ways...

1.

*I need my rescue inhaler,  
because you took my  
breath away.*

2.

*I'm not sure what my  
creatinine clearance is, but  
I just can't get you out of  
my system!*

3.

*You make my dopamine  
levels all silly.*

4.

*I need an Imodium,  
because I can't hold in my  
love for you!*

5.

*I need an antibiotic,  
because my love for you  
burns stronger than my  
urinary tract infection.*

The Pitt PPA chapter has just returned from an incredible Mid-Year Conference in Harrisburg, PA. An impressive 65 students from the University of Pittsburgh presented posters to peers and pharmacists from all over Pennsylvania! Thank you to all the presenters for your hard work and dedication. Early in January we held a competition among P1, P2, and P3 students to see who had the most knowledge about OTC medications. Congratulations to Marissa Badzik, Nicolette Diehl, and Justin Saver who won and went on to compete at the state level at Mid-Year!

On Thursday, February 4, Pitt alumni Brandon Antinopoulos, PharmD will be hosting a presentation on the Pennsylvania Pharmacists Care Network (PPCN) from 7-8pm at Duquesne University Bayer Learning Center/Pappert Lecture Hall. All students are highly encouraged to attend, even if you are not yet a member of PPA. On February 5, we will be having a fundraiser dinner at TGI Fridays by CONSOL Energy Center (1027 Fifth Ave). Help us raise money for the Pharmacy Political Action Committee (PharmPAC), a voluntary non-profit group that supports political candidates who advocate for the profession of pharmacy. Simply check your email for the coupon and present it with your check at TGI Fridays. A portion of your bill will go directly to PharmPAC!

If you are searching for IPPE hours or ways to get more involved, be on the lookout for events hosted by PPA this semester. We will visit local elementary schools to teach children about medication safety with the Katy's Kids program. Additionally we will educate the public on the importance of immunizations by tabling in community pharmacies.

All P1's are highly encouraged to become involved in PPA. If you join now, you will receive a discount to sign up for 4 years! Visit [www.papharmacists.com](http://www.papharmacists.com) or contact Marissa at [mdb90@pitt.edu](mailto:mdb90@pitt.edu) for more information.





## A Busy Winter With Kappa Psi

Betsy Smith,  
Kappa Psi  
Corresponding  
Secretary

Kappa Psi started off the semester with the initiation of 18 new Brothers into the fraternity. It was exciting to see the fraternity grow with the addition of this pledge class! All of the new Brothers received nicknames and letters to wear to show off their KY pride. We were honored to have our Mountain East Province Satrap, TJ Chapman, in attendance at the event.

The first weekend of the semester was Kappa Psi's annual Ski Trip in Deep Creek, MD. Although the conditions were not optimal for good skiing, there was lots of Brother bonding and great times had. One of the highlights was a trip to Archie's BBQ where everyone enjoyed large portions of amazing BBQ.

Before the winter break, Beta Kappa had a Holiday party which included a potluck and Secret Santa gift exchange. The Kappa Psi tree was decorated with many ornaments made

by Brothers over the years. Regent Keith Long dressed up as Santa to distribute presents and holiday cheer.

The Brothers are getting prepared for all the fun events coming up during Pharmacy Weeks this month. Some highlights include the P1 White Coat Ceremony at the end of the month and a performance by the new Brothers at the No-Talent Talent Show. Professors can look forward to bidding on our PLS auction item, Banjo Night with Kappa Psi!

P1 and P2 Brothers are getting ready for the upcoming Executive Board Elections on February 3. We are all looking forward to a new year under the leadership and new ideas from our future E-board!



## College of Psychiatric & Neurological Pharmacists

*Jessica Pavolko,  
CPNP Secretary*

CPNP is proud of the great accomplishments we made over the last couple of months! We worked with People's Oakland for our Dean's Theme project and had enough success that we plan to go back soon. Our last general body meeting of the semester was a movie group where we discussed the hit *Silver Linings Playbook* and its impact on viewers' perceptions of mental health illnesses. Furthermore, we planned and implemented a care package fundraiser. Letters went home to parents, who had the option to purchase a care package for their children just in time for finals. Care packages included gift cards, healthy snacks, and stress relievers like Play Dough and bubble wrap. We sold over 55 care packages, which we considered to be very successful! Members also prepared a presentation about naloxone for

nurses at Western Psych.

Looking ahead, we are setting up job shadowing, movie groups, our Dean's Theme project, and further fundraising efforts. We are fortunate to have many connections at Western Psych, so our members often shadow the clinical pharmacists who work in areas like dual diagnosis (mental illness and addiction). We're also looking forward to CPNP's national conference this April where some of our members may have the opportunity to present a poster. It's being held at a resort in Boulder, Colorado. Lastly, we're looking into different fundraising ideas, from t-shirts to yoga studio gift cards. We are also looking to strengthen our involvement in the neurology aspect of CPNP and are hoping to arrange guest speakers to discuss this subject with us at future general body meetings. If any of this sounds interesting to you, don't hesitate to contact us at [cpnppitt@gmail.com](mailto:cpnppitt@gmail.com) or check out our PoRxtal page!

## February: Feel the Love

Aaron Devanathan, P4 Guest Writer

I have historically not been a fan of February. And that goes all the way back to 2007. It's hard to believe how quickly time progresses. When we take a look at this February, what is it that you see? Cold weather? Tests? Interviews? February seems to have the most hullabaloo of the calendar months, and I have yet to understand why. I realized this a few years ago, and it's silly to not have realized it sooner. But I feel that this February is different.

February is incredibly busy every year. Interviewing for literally anything school related, from entry into college all the way to residency interviewing, occurs during this month. Since it is approximately the middle of the semester, tests are occurring left and right. The weather is always at its harshest during the first week. And you can't forget Valentine's Day or the Super Bowl. We are "fortunate" to receive

29 days this year.

But I mentioned that I feel that this February is different, and I believe that. Why? I was reading a book earlier that discussed how if you act a certain way for a while, you'll actually begin to believe what it is you're feeling. During the month, if you act that the month is going great, then maybe you'll start to believe it. Or maybe the sheer amount of events/evaluations/other things that just so happen to occur in February will merely allow time to spread its wings.

Take a look at your personal calendar for February, and you'll see what I mean. But do something different this year. There will not be a need to dust off your copy of *Love Actually*; Hugh Grant can wait this year. Embrace the month and its opportunities. Let's not give February the cold shoulder.

# Death and Dying

## The Elephant in the Room

By Ryann O'Neill, P3

Last Spring, I was given the unique opportunity to partake in a fellowship through the Jewish Healthcare Foundation (JHF), a nonprofit based in Pittsburgh that focuses on expanding healthcare services and education. This particular fellowship focused on the various aspects of a serious topic that isn't often discussed in school: end of life. The fellowship consisted of six three-hour sessions, taking place in locations throughout the Pittsburgh area. At each place, we discussed one specific topic relating to end-of-life and palliative care; these included a legal discussion at Allegheny General Hospital, a religion discussion at Children's Hospital of Pittsburgh, and a family's view discussion at the Good Grief Center.

This fellowship was open to students in all schools of health sciences, so there was a diverse group of fellows. I and another student pharmacist (Georgina Waldman) were able to interact with students in social work, law, nursing, medicine, speech pathology, etc. This diversity provided for insightful conversations and a lot of learning.

At the concluding session, the group came together to brainstorm ways in which we could bring what we'd learned back to our schools. It was during this planning session that I decided I would like to introduce the pharmacy school to palliative care and its importance in pharmacy and healthcare as a whole. With the help of Dr. Jennifer Pruskowski, my mentor and the faculty member who introduced me to the fellowship, I was able to create and give a presentation on palliative care to the Class of 2018 in October.

This was a great learning opportunity for me, and while it may not have directly related to pharmacy, it was time well spent. If palliative care and end-of-life are not your thing, the JHF offers a three other fellowships to students, focusing on patient safety in the healthcare setting, major shifts in healthcare, and technology and healthcare improvement.

If you have any questions, please feel free to contact me at [rco4@pitt.edu](mailto:rco4@pitt.edu).

*Through Love all that  
is bitter will be sweet,  
Through Love all that  
is copper will be gold,  
Through Love all  
dregs will become  
wine,  
Through Love all pain  
will turn to medicine*

Rumi

---

*Wherever the art of  
medicine loved, there  
is also a love of  
humanity.*

Hippocrates

---

*A faithful friends is  
the medicine of life.*

Apocrypha

---

*No medicine is more  
valuable, none more  
efficacious, none better  
suited to the cure of all  
out temporal ills than  
a friend to whom we  
may turn for  
consolation in time of  
trouble, and with  
whom we may share  
our happiness in time  
of joy.*

Saint Aelred of  
Rievaulx





## Phashion Phorum: *Taking on the World with Georgina*

By: Iris Tang, Pauline Hoang,  
Doreen Foy, and Stephanie Tchen

Fashion changes depending on the place and the time; however, your style is always your own. Georgina Waldman, the Class President for the class of 2016, was recently in London for her rotation at King's College. After experiencing the different

lifestyles and fashion trends in Europe, she concludes that there is a noticeable difference in the fashion of London and that of Pittsburgh. In the workplace, people tend to stick to a more casual but trendy style. On a day to day basis, Europeans dress up more than Americans. The men like to stick to sleek lines and more modern cut clothes. For the ladies, one of the biggest trends in chilly London winters is to pair a basic taupe peacoat with black leggings and oxfords. In Europe, if you see something you like on someone, don't be afraid to ask them where they got it since it's a common practice!

Current European trends can easily be integrated into anyone's wardrobe. In fact, Georgina finds that her style fits perfectly into that of Europe's. She decorates her simple and chic outfits with pops of color like her dear orange scarf that she bought from Istanbul.

For students planning on doing international rotations, or for all students in fact, Georgina suggests that it is better to be overdressed than underdressed in a professional setting. Start off with dress pants and a nice top rather than a dress or skirt because standards of appropriateness may be questionable from one region to another.

Outside of fashion, traveling while in Pharmacy school is a great opportunity for students to experience more. Whether it is going to conferences, having rotations in different states, or going on an international trip, you learn a lot about the world, about our profession, and about you.

### Editor's Choice

*(Disclaimer: Opinions expressed in this section are the editor's alone.)*



**Zara Slim Pants (\$25.99).**

Showing a little leg is not just for the ladies anymore. Men, do not be scared to show off some ankle! Beginners can work up to showing off that excess skin by upping their sock game.



**Topshop Super Soft Scarf (\$30).**

Let's face it, winter in Pittsburgh is less about fashion, and more about not losing fingers to frostbite. Cozy up behind a giant scarf that doubles as a blanket for napping! A great trick for the women out there is to buy a men's scarf for that added bulk and warmth!

## Letter from the Editor-in-Chief

Neale Donald Walsch once said that “life begins at the end of your comfort zone.” As you navigate through the remaining bits of your semesters, spend sometime to plan out the next destination of your adventure. Take risks and be daring. Apply to that internship you think is out of your reach, get a head start on the project which seems to take more than what you have, or simply try out the 3-second eye contact exercise with the next person you talk to. No matter what it is, step out of your comfort zone and see where life takes you. It could be somewhere so breathtaking that you would just sit back and breathe in all of the wonderfulness that is this sweet season.

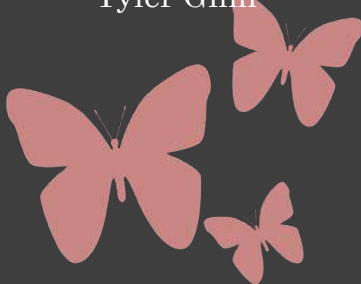
Yours,  
Daisy Zhu  
APhA-ASP Communications Vice President



Happy Valentine's Day!

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## Dean's Phashion Committee

**Co-Chairs** Stephanie Tchen, Pauline Hoang  
**Members:** Doreen Foy, Iris Tang

## Publication Committee

**Chair** Shivani Pandit  
**Members:** Hannah Hoseyni, Miranda Steinkopf

## Special Thanks To...

### Shivani Pandit

I cannot ask for a more perfect Publication Committee Chair! Shivani's impeccable taste in visual art and outstanding work ethics never cease to impress me and the rest of the APhA-ASP. I would like to give her a shout out for all of her hard work and contributions to the *Pitt Capsule*!

