



ConGRADulations, Class of 2016!



Coming Attractions

Apr 7 ASP "Phamily Feud: Pharmacy Edition!"

Apr 8-10 Kappa Psi Spring Province in Washington, DC

Apr 19-22 AMCP Annual Conference in San Francisco

Apr 30 Class of 2016 Graduation!



From one doctor to another...

You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose. You're on your own. And you know what you know. You are the guy who'll decide where you go.

-Dr. Seuss

SIO by Kerry Moore, VP of Communications

Welcome to the final weeks of the spring semester! SIO hosted our first annual Pharmaceutical Industry Symposium on Saturday, February 27th at the University Club. The symposium featured 8 professionals from various roles within pharmaceutical industry. In addition to networking opportunities throughout the day, students had the opportunity to ask questions during the Q&A panel, practiced their interviewing skills with mock interviews, and evaluated their CV for

areas of improvement during the CV review session. SIO has also begun officer transitions for the new Executive Board for the 2016-2017 school year. We are excited about the progress of this new organization within the School of Pharmacy and wish the new E-board the best of luck! To all students, have a wonderful summer break and learn as much as you can at your internships or rotations!



The future
belongs to
those who
believe in the
beauty of their
dreams.

– Ella Fitzgerald

Pennsylvania Pharmacists' Association

by Laura Yost, Communications Ambassador

Students are gearing up for Legislative Day. PPA CEO Pat Epple was able to visit Salk Hall to discuss important Legislative Day topics with the entire P2 class. Nearly 150 Pitt student pharmacists will be meeting with state Senators and Representatives to promote important issues such as fair pharmacy audits and interchangeable biological products.

PPA has also been participating in patient care initiatives within the Pittsburgh community. Students tabled in local pharmacies to promote influenza, pneumococcal, and shingles immunizations – all of which can be administered directly in your community pharmacy. We debunked common myths about vaccinations and explained the benefits of getting immunized

by your pharmacist! Congratulations to the new members of the 2016-2017 PPA Eboard, Phil Kappes, Nicolette Diehl, and Ally Seitz!



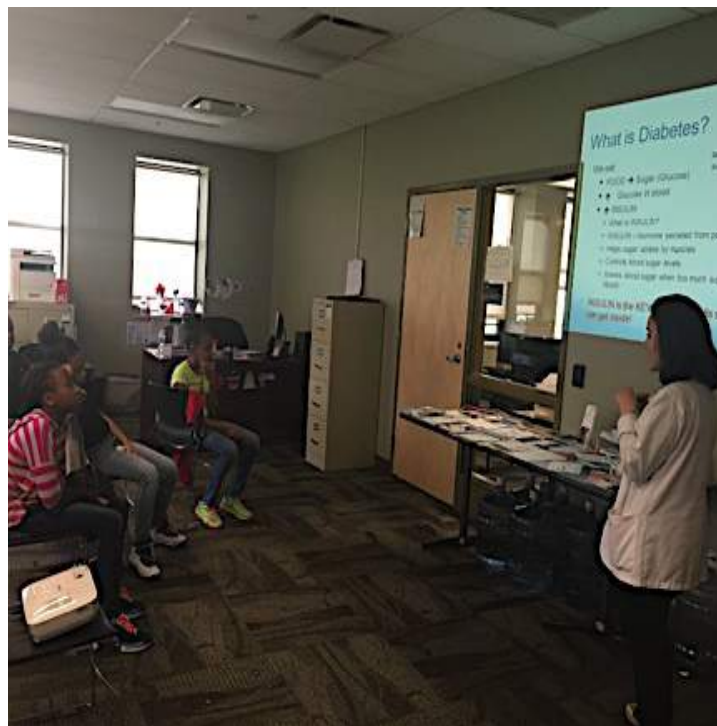
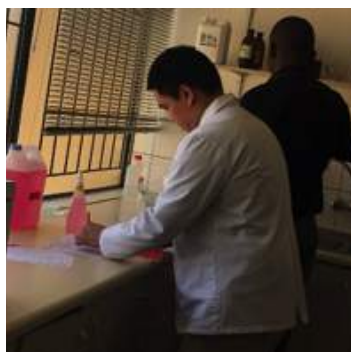
PLS

By

Kerry
Moore

Secretary

Phi Lambda Sigma held our new member induction ceremony in conjunction with Rho Chi on Tuesday, March 22. Congratulations, new members! The event was followed by the Koch Lecture which was a huge success, featuring Dr. James Cloyd from the University of Minnesota. Phi Lambda Sigma's new LeadeRx programming has taken off! LeadeRx is a new installment series highlighting projects within the School of Pharmacy which have required exceptional leadership skills to implement and/or have allowed student pharmacists to develop their own leadership skills. Our first installment features RxPrep's Mock Interviews for pre-pharmacy students, which began in 2014. The article will be posted on the Porxtal and emailed to the School of Pharmacy on April 1. Finally, PLS wishes all of our fellow student pharmacists the best on their final exams of the semester!



+

SNPhA

By Top Triamwong, SNPhA President

Welcome (back) fellow student pharmacists! We here at SNPhA have been hard at work both in Pittsburgh and abroad. In addition to going out to educate the community and helping undergraduates get a glimpse into pharmacy school, a couple members went to Namibia over spring break to understand the similarities and differences of the practice of pharmacy. Much knowledge was shared and many wild animals were seen in the wonderful African nation of Namibia. We are proud to have such great people (including the author) represent our organization.

One of the biggest missions of our organization is to help the community, and we were able to achieve just that with the educational events we had both on and off campus. We have held several interactive events educating the college-aged population about the importance of the HPV vaccine throughout the month. We also went out to the Oak Hill Community Center twice to provide education on stroke prevention and diabetes. Personally, there are fewer experiences in pharmacy school

(continued)

that are greater than helping others help themselves.

Our SNPhA chapter was also able to interact with our neighbors down in Dusquene, where their chapter hosted an HIV-awareness event that featured foods from local vendors and raffle prize giveaways. In addition to the event being a great initial success, it helped create ties between our e-boards and members. We are definitely looking forward to working with them in the future!

Lastly, congratulations go to our newly elected undergraduate officers! Special thanks also go out to Dr. Jonkman, our new advisor. We are excited to see how SNPhA will grow in the coming days, and now is a great time to be a part of this national organization dedicated to the underserved.



When you
leave here,
don't forget
why you
came.

– Adlai Stevenson

AMCP by Alex Marshall, AMCP Communications Chair

AMCP had an exciting past month! On Tuesday March 29, we had our Northeast Region Affiliate Meeting. The meeting involved a discussion with Douglas Jennings, a Cardiology Clinical Pharmacy Manager specializing in heart transplant and mechanical circulatory support at New York-Presbyterian Hospital and Columbia University Medical Center. This prestigious speaker led a discussion with AMCP students across Pennsylvania, New York, New Jersey, and New England about a “Novel Therapy for the Management of CHF with Reduced Ejection Fraction.” It was a great opportunity for our AMCP members to enhance their knowledge of cardiology with an expert in the field.

Looking ahead, AMCP has their Managed Care and Specialty Pharmacy Annual Meeting from April 19-22 in San Francisco, California. We have four members from our chapter attending the annual meeting, and we are excited for

them to represent us at a national level. At the annual meeting, the national Pharmacy and Therapeutics Competition will take place. Although Pitt was unable to place as one of the eight nationally selected teams, we are excited to see the competition first hand to improve for next year!

AMCP had their elections this past month, where a new executive board was elected. The new President is Carley Mingone, Vice President is Tim Crabtree, Secretary is Alex Sharer, P&T Chair Elect is Gabby Dziuba, and Communications Chair is Hilare Kimmel. We are excited for our new executive board and the direction they will take our chapter. If you are interested in becoming more involved in AMCP, please reach out to them for more information or send an email over to AMCPPitt@gmail.com!

SCCP

By

Mikhaila Rice,
Secretary

National Accomplishment and Opportunities

The past few weeks have been an exciting time for SCCP, and we still have a great deal ahead of us in this final month of the academic year. On March 1st, SCCP elected new officers for the 2015-2016 academic year. Many former officers will be returning to the SCCP EBoard in new roles: P1 Morgan Casal as President-Elect, P2 Megan Thornberg as Vice President, and P1 Mikhaila Rice as Secretary. We are also thrilled to welcome three new officers: P1 Neha Poladi as Treasurer, P1 Shrey Parekh as Project Outreach Coordinator, and P2 Nicolette Diehl as Student Liaison. The newly elected officers presented a host of new initiatives that we can look forward to as a chapter in the upcoming year!

Throughout the spring semester, members of our SCCP chapter have participated in the ACCP Clinical Research Challenge, a nationwide competition for P1 and P2 students that focuses on the evaluation and application of clinical research and literature. P2's Kim Goehring, Hangil Seo, and Shirley Wu earned a first round score high enough to place them among the top 20 teams nationally. They then spent four weeks developing a research protocol, which they recently

submitted to the ACCP evaluation committee. If they place as one of the top three teams nationally, they will be provided free registration to present their research designs at the 2016 ACCP Annual Meeting in Hollywood, FL come fall!

In April, Pitt's SCCP chapter will be selecting a team of three for yet another national competition: the ACCP Clinical Pharmacy Challenge! Like the ACCP Clinical Research Challenge, this challenge is open to all pharmacy students, whether you are a member of SCCP or not. We will be hosting a local competition in April to decide who will compete nationally in September. If our team of three reaches the quarterfinals, which is held at the ACCP Annual Meeting, all three members will receive complimentary full meeting registration, as well as a \$125 ACCP gift certificate. We encourage you to pull your friends together into groups of three, and we wish you the best of luck! More information on the time and location of our local competition will be announced within the next few weeks.

As always, if you are interested in becoming involved in SCCP or learning more about the many opportunities our organization offers, feel free to reach out to an SCCP officer or to attend our next general body meeting.



CPNP

By Jessica Pavolko, Secretary

The members of CPNP have been busy over the past month. More students completed nursing in-service days with the nurses at Western Psychiatric. Others played games with patients and taught them about medication safety for Patient Safety Week. At People's Oakland, we gave another interactive presentation to patients about vaccinations, following the Dean's theme. We are also currently selling mental health awareness lapel pins for \$3, which are great additions to your white coats. Below is the list of our officers for the 2016-2017 academic year. Thank you to everyone who ran for a position and congratulations!

President - Jessica Pavolko
 Vice President - Melinda Moran
 Treasurer - Kathryn Ching
 Secretary - Kristin Lampley

Education and Training - Jessica Chmielinski
 Community Service and Outreach - Sarah Rumcik
 Research and Scholarship - Marc McCann
 Membership - Allyson Kraft

Looking ahead, we have four members going to CPNP's national conference this April in Boulder, Colorado to present a poster. This summer, we'll keep up shadowing opportunities for students staying in the Pittsburgh area. The Back to School Picnic is also at the front of our minds, and we're very excited to greet the new P1s. 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 cpnpitt@gmail.com or check out our PoRxtal page!

Wrapping Up The Year, Rho Chi Style

By

Kaley Hayes, Historian

March was quite the month for Rho Chi, as the chapter welcomed its 22 new P2 members on March 22nd at the University Club. Welcome to new members and congratulations again!

In March we also welcomed the distinguished Dr. James Cloyd, this year's Rho Chi Koch Lecturer. Dr. Cloyd, from the University of Minnesota, is a renowned professor and leader in the field of neuropharmacology and orphan drugs. All enjoyed learning from his unique experience and intellectual excellence.

Our April member of the month is Melissa "Melly" Bastacky. Melissa is an absolutely invaluable asset to our organization, not just because she orders our pizza so we don't starve or because she knows every episode of *Friends*, but because Melissa is always willing to lend a hand to anyone, no questions asked, and we count ourselves lucky to have her as our Vice President.

SSHP

By Alyssa
Davis, SSHP
Business
Manager

Congratulations to the following members who have been elected to the e-board for the next academic year: Heather Johnson (Business Manager), Rachel Cartus (President Elect), and Lindsay Jablonski (Vice President). We are confident that they will do a great job with the chapter next year and thank you for everyone who ran!

If you are interested in holding smaller leadership roles, we have something for you too! Next year's project managers will be selected in April. If you are considering running, please e-

mail Kyle Zacholski or Tyler Ginn for more information. The deadline for this will be April 8th!

On Tuesday, March 29th, the annual P4 panel will be held in Salk 456 starting at 5:30 pm. If you are interested in hearing about the residency process from those who just went through it all, this is a great event for you! The P4 panel offers an informal yet unique perspective from Pitt students who matched with their respective residency programs and tips for those who will be trying to do the same in the near future. Side note: pizza will be served!!

APhA-ASP

By: Alexa Hospodar, ASP Social Vice President

With the semester in full swing, members of our APhA-ASP chapter attended the Annual Conference in Baltimore this past month! It was great learning about other chapters in the nation and what they have been doing over the past year to advocate for our profession. Thank you to all of the students and faculty members who attended - Pitt had a great representation at the conference. Also, congratulations to Dylan Atkinson for winning National Speaker of the House!

The interprofessional committee has been working hard with other professional schools to host some awesome events! They hosted a blood pressure boot camp for the living learning freshman community where they taught students how to take blood pressure readings, held a health care simulation to help students learn more about each profession (especially pharmacy!), and served Rita's. Their

case conference was also a huge success! Students of each profession were split up into small groups to learn how to work within an interprofessional team. The interprofessional committee also hosted a healthcare student panel in collaboration with SNDA where they helped undergraduate students learn more about which career pathway may be the best fit for them and how to get into the respective schools.

The Social Committee has been hard at work planning "Phamily Feud: Pharmacy Edition," and we encourage everyone to come out and compete to see which Phamily can guess the most top answers! The event will be held on April 7th during lunch and teams of four can sign up on our Facebook event page or by emailing Alexa at arh72@pitt.edu by 7 PM on April 6th. Come out to watch which team takes the lead and attempts the Fast Money round!

A Race to
the Finish!
(...of this
semester)

L K S

By:

Karen Quach,
Corresponding
Secretary



First of all, a huge congrats goes out to our social co-chairs for organizing and hosting the 2nd Annual Teal Tap Fundraiser this past weekend. We would like to thank everyone who stopped by the event for making it such a huge success! We are proud to support and raise money for the National Ovarian Cancer Coalition, while promoting awareness of ovarian cancer and having fun at the same time.

LKS is wrapping up a year of success by hosting the 2nd Annual HOPE WaLKS event, a 5K run/walk in Schenley Park on April 17th, starting at 11am! This year, we are collaborating with Duquesne's LKS Tau chapter to raise even more money for our philanthropy, Project HOPE. It isn't too late to register! Please join us for a fun, low-stakes race/walk, aptly balanced with a nutritious carb-filled cookout.

As another year comes to an end, we can't help but look back at this year and feel proud of our many accomplishments that illustrate the success of our chapter. To start, we've recruited over 50 sisters into

the pledge class of 2019, making this the largest our chapter's ever been! In addition to continuing our ongoing service projects, we've built new relationships by collaborating with on campus service organizations like She's the First and Pitt Feel Good Deli - both for a great cause! We've also worked to extend our outreach promoting our profession through blood pressure screenings at Rite Aid and Bellefield Dwellings. A huge shout out to our incredible chairs for always striving to implement new ways to participate in service and professional projects around the Pittsburgh community. Finally, we can't forget the always popular Dr. Salk Hall, which raised over \$1600 for charity! Now, as we look towards the future, our dedicated officers are already brainstorming innovative ideas to advance our chapter starting in the fall of 2016 - we'll see you then!



“The fireworks begin today. Each diploma is a lighted match. Each one of you is a fuse.”

– Edward Koch

Kappa Psi

by Matt Greene, Corresponding Secretary

The Brothers of Kappa Psi have been enjoying a successful Spring, continuing their philanthropic good works with organizations like Family House, Global Links, and the Pittsburgh Poison Center. New for this year, a group of Brothers were even planning to help out with the PHenomenal Hope 5K, an event which raises money and awareness to help fight pulmonary hypertension. The Brothers would greatly appreciate anyone who wants to show up to help out. Interested parties can contact Kimberly Goehring.

The Chapter is also looking forward to its annual Spring Formal on April 2nd. The lucky student pharmacists will get the opportunity to relax, enjoy themselves, and make some new memories at the luxurious Westin Hotel

downtown. It will provide the Chapter with some time to get together as a group, take stock of our achievements this year, and bid one another farewell as we prepare to head our separate ways over the summer.

Over a dozen Brothers will also be attending our Spring Province Assembly in Washington, DC. This will be held over the weekend of April 8-10, and promises to be a blast as always. For a number of Brothers, it will be their first Province meeting; for others it will be one of many. Regardless, all can look forward to meeting new Brothers, strengthening the bonds of our Fraternity, and learning about what it means to be a Brother of Kappa Psi. We can all look forward to meeting pharmacy students and pharmacists from around the country, and everyone can look forward to an exciting night tour of DC!

PDC

By:

Tommy Szeltner

Worthy Keeper of Records and Seals

Boxes, Brotherhood, and Busted Brackets: These are the words I use to describe the month of March for PDC. We kicked off the month with our final visit to Global Links, where we spent a few hours helping to box up unused medical supplies to send to countries in need. Good was done and fun was had.

On March 19th, the Mu boys organized a social between the PDC and LKS chapters of both Pitt and Duquesne. The ~First Annual Steel City Gala~ was held at Buckhead's Saloon and was the magnum opus of our social chair Marc McCann. The drinks were cold and the spirits were warm. We hope to continue this event in the future as it was a great opportunity to promote a fraternal spirit among our members.

Tears were shed during the first weekend of March Madness as many of the brothers who are participating in our bracket pool lost all hope for victory. The field is still tight, and the grand champ will go home with glory, honor, and the greatest prize of all: bragging rights for a year.

I want to make a special shout out to our P4 brothers who batted 1.000 on getting residencies, fellowships, or jobs this spring. Brothers Andrew Beyer, Tony Chiappelli, Alex Cockerham, Mike Diduch, Ryan DiFelice, Kyle Hejmanowski, Zack Hicks, Brent Milovac, Dylan Nelson, Cameron

Ninos, Luke Walker, Will Wilson, Ryan Winstead, and Alex Yohe, the rest of the Mu Boys extended our sincere congratulations.

A final shout out goes to our P2 brothers Connor Deri, Tyler Ginn, and Jesse Quintiliani (pictured below) who were inducted into the Rho Chi Society for their outstanding academic work throughout their career in pharmacy school.

Much like the transformation from winter into spring, this past month has been one of change for the Brothers of Phi Delta Chi. The boys in old gold and dregs of wine finally finished up their officer elections and the new crew has already begun to make some big changes. In the past maybe we weren't "the norm," we weren't "camera friendly," we didn't "wear clothes that fit us," but with new officers, new ideas, and a new website on the way, PDC is ready to hit the ground running in the Fall of 2016!



Poison Prevention

When parents drop their children off at grandma's house, they expect their children to be safe. However, they may be at risk for poisoning by grandma's medications or household cleaning products. Many senior citizens take several types of medications that can be a hazard to their visiting loved ones. In fact, 58% of poisoning cases each year involve children twelve years old or younger.

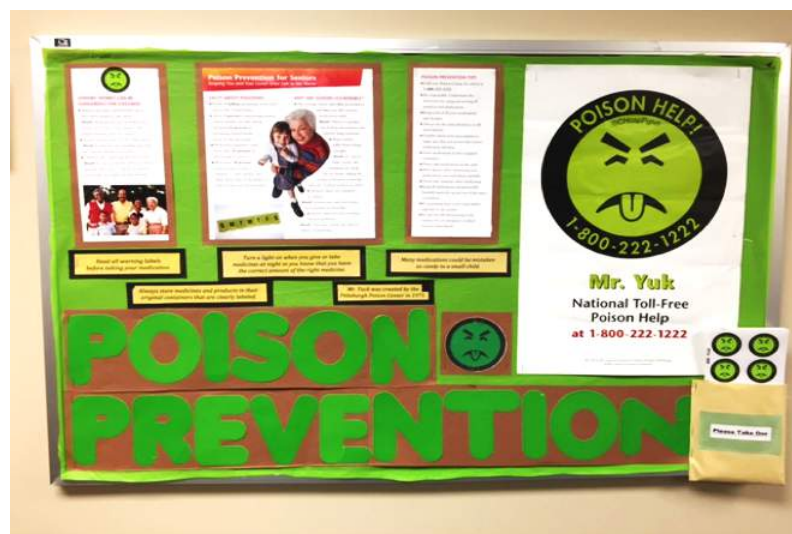
Since many seniors leave their medications in an easy to reach, visible place, children have easy access to these medications. Grandparents may leave pill containers out as a reminder, however, they may not be moved when children arrive. Easy-open bottles are frequently given to seniors to

accommodate arthritic hands, making them easy for children to open. Medications spark the curiosity of a child due to their color or shape resembling candy. For example, a Nexium® capsule looks nearly identical to a purple Mike and Ike®. Household cleaning products pose another danger since they are typically stored under the sink or in a cabinet at eye level for easy access. Cleaning products are usually appealing colors, causing children to mistake them for beverages.

Grandparents may not be aware of dangerous products in their house while watching grandkids, but this can be corrected. Patients can be educated on safe storage practices such as keeping their medication in a child-safe, properly labeled container that is placed out of reach from children. Grandparents may not have this option, so locking them in a child-safe cupboard when the children come over may be easier. Seniors should also dispose their unused medications in a safe way such as at a drug take-back day, to reduce the likeliness of a child obtaining a medication. In addition, placing Mr. Yuk™ stickers on containers of potentially harmful substances will alert a child to not eat or drink the contents.

Pharmacists and student pharmacists can play a part in reducing cases of poisonings. Our own school of pharmacy accomplishes this through outreach programs in the community where we have opportunities to educate seniors on poison prevention. For example, we have the opportunity to educate seniors on this topic while providing MTM at a Silver Scripts site. Another way to raise awareness could be providing poison prevention material such as Mr. Yuk™ stickers at community pharmacies and outpatient clinics. Warning seniors who switch to easy-open caps and passing out Mr. Yuk™ stickers are simple interventions we can perform. The week of March 20th was National Poison Prevention Week. As a result, sisters of Lambda Kappa Sigma Delta chapter visited Senior Care at UPMC Shadyside (Dr. Ruby's site of practice) and the Benedum Geriatric Center throughout March to update waiting room bulletin boards with information on poison prevention among seniors. These activities brought awareness of poison prevention to seniors during March, however it is also a pharmacist's responsibility to keep poison prevention in mind year round. As one of the most accessible healthcare professionals, we can intervene and prevent poisoning among seniors and their grandchildren.

By
Kara Ioannou,
Kristel Chatellier &
Dr. Ruby





Script Your Future

By Iris Tang and Doreen Foy

Nearly half of Americans are diagnosed with a chronic health condition, and 40% of the time, those diagnosed are not compliant with their medications. There are many reasons individuals do not take their medications such as forgetfulness, lack of belief in medication effectiveness, fear of side effects, cost of medications, complexity of medication regimens, and social support. However, non-compliance to medications is a costly side effect that causes 125,000 deaths per year in the United States and another one-third of the population are admitted to the hospital due to their worsening disease state. These undesirable consequences can be prevented by reaching out to the community and educating people on the importance of taking their medications as directed to live a fuller and longer life.

This is where Script Your Future comes in, a campaign where student pharmacists in collaboration with other health professionals, reached out to the community to help people understand their health conditions and the importance of taking their medications correctly. Second year students at the University of Pittsburgh School of Pharmacy, in collaboration with Dental Medicine, reached out to residents of Allegheny County at UPMC hospitals and community pharmacy sites such as CVS, Rite Aid, Giant Eagle and independents to start a conversation about medication adherence.

The campaign's main focus is to raise awareness on how vital it is to take medications as prescribed. Each patient encounter began by assessing the patient's adherence level through a 4 question survey followed by education on medication adherence strategies based on the patient's disease states. Script Your Future focused on the three most common chronic health conditions--diabetes, respiratory disease, and cardiovascular disease as these three disease states can lead to other serious health problems if uncontrolled. The patients were able to realize the consequences of not taking their medications and the student pharmacists were able to discuss solutions to the patients. To encourage people to learn about medication adherence, students offered to give free blood pressure screenings, which was an incentive that gave a successful turnout.

In order for adherence to be successful once people go home, Script Your Future provides people with the necessary tools to stay adherent such as free wallet

cards to keep track of medication schedules and doses, written advice on how to manage disease states, adherence strategies, and stating a reason why they pledge to stay adherent (as simple as staying healthy or living to see their grandchildren).

Patient education is essential for compliance and the second year students at the University of Pittsburgh had a very successful campaign educating patients. The class completed 965 patient encounters, 252 blood pressure screenings, and 569 medication or health condition counseling. Additionally, 689 patients were educated on medication adherence strategies and 688 education materials were distributed. From all the patient encounters, 667 patients took the pledge "*I will take my meds because...*", which personalized the patient's experience and motivated patients to keep their pledge. Tackling the problem of non-adherence in society today is an effort for all health professions and student pharmacists have especially proven that they can make an impact in the lives of patients.



An Adventure Abroad: An APPE in Shanghai, China

By: Fengyee Zhou

The year of rotations is a great opportunity for exploration and discovery. I completed many fantastic rotations across the United States, but one of the more unique experiences I had was at Changhai Hospital in Shanghai, China. What inspired me to complete an international rotation was the thought of witnessing something different, something beyond the healthcare we see and experience every day around us. It was an opportunity that may not present a second chance.

Personally, my greatest gain during this rotation was learning more about the differences in pharmacy practice between the United States and China. I have gained a deeper appreciation for the innovative concepts that we have learned in class and developed through rotations, such as MTM and the patient-centered care model, both of which are still developing in China. On the other hand, it was also humbling to witness the legacy of traditional Chinese medicine, passed down thousands of years over hundreds of generations, and its inexplicable yet tangible effect on patients. One of the more unique learning opportunities was shadowing an acupuncture doctor: we have no substantial exposure to it in our curriculum, and yet, across the world, this healing method is regarded to be highly effective. It was inspiring to hear patients discuss how acupuncture restored their health. Coupled with other services that the hospital offers (like pharmaceutical product preparation) and a staff who would be more than happy to talk about life in China, I began to understand how pharmacy is regarded and practiced differently between our two worlds. Ultimately, pursuing an international rotation

provided me a perspective on healthcare that other rotations could not.

On the eve of graduation, it is more important now than ever to reflect on our experiences and decide how they will shape us as future practitioners of healthcare. Looking back now, I am fortunate to have worked closely with the pharmacists of Changhai Hospital under Pharmacy Director Zhuo Wang for five weeks, as everyone was friendly, knowledgeable, and eager to learn alongside me. I am also fortunate to have selected a school (now top-10 school; hail to Pitt!) that places such a strong emphasis on not only the present of our profession, but also the future of pharmacy. Between the strength of my education and the breadth and richness of my experiences, I am confident I will emerge a stronger healthcare practitioner.

If you have any questions, please feel free to contact me at fwz1@pitt.edu.

Discussing differences in pharmacy between the United States and China with the clinical pharmacist trainees.



Urban Outfitters - USA Sock
\$8.

Dr. Prokopienko's go-to pair of socks are his lucky American flag socks. Get your own for +1 luck on your next ID/ Oncology exam while also walking in style and comfort. #Murica



Victoria, Victoria Beckham – Pleat Back Floral Jacquard Dress
\$1450.

Now that springtime is upon us, it is time to spruce up your wardrobe with some pretty floral patterns. Although pretty indiscernible in this dress, it's still cute.



Phashion Phorum

Dr. Prokopienko

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

Disclaimer: Opinions expressed are the Editor's alone.

You've seen him in some of your classes as a preceptor or facilitator, but how well do you know Dr. Prokopienko? He began his pharmacy education in Albany, NY, but he is now in Pittsburgh, PA working toward his PhD. Although research and continuing education were not always part of his plan, he chose this career pathway due to the mentorship that he received from our very own Dr. Nolin. Figuring out what is the right pathway for you is hard, but it gets easier if you have someone to help guide you. Do not be afraid to talk to your professors and take advantage of all of the resources around you.

Part of being professional is representing yourself in the appropriate attire at all times. When he acts as a teacher, he finds it essential to come across as professional, confident, and knowledgeable. When in meetings, he remains conservative while continuing to be "respectfully loud." When he wears professional attire, he likes to show

his personality through accents like different types of socks that are unique but still special to him. Compared to the PharmD program, there are no rules about professional dress in the PhD program, but Dr. Prokopienko still makes an effort to dress up most of the time. Like Dean Kroboth says, "dress for the job you want rather than the job you have." If you are wondering where Alex gets his style inspiration from, try watching *White Collar* on USA network and appreciate the fashionable sense of Neal Caffrey (played by Matt Bomer).

His advice for all pharmacy students is to stay balanced. "Your life is like a pie chart with 50% for your work and school, 25% for your family and friends, and 25% for yourself. If you do not save time for yourself, no one else can do it for you! And with this balance, you can actually be more productive and enjoy your life."

Letter from the Editor-in-Chief

This is my 12th issue and my last. As much as I wish I could stay, life is moving on and so should I. This has been part of my life for the past two years and I owe my readership to all of you. Without your interest and loyalty, the *Pitt Capsule* would have been nothing but a dozen pages of wasted firewood. We had phun, right? From learning about professional lifestyle from the school phashionistas to learning about what each organization is up to every month, we would like to think that this monthly reading has made a difference in your life—more than just drawing a line in the sand. I owe my luck to all of the hard working editors and writers, without you guys, none of the ideas would come to life and neither readers nor I would smile from ear to ear when reading up on some fun facts about Dr. Gold or was it Dr. Smith?

The *Pitt Capsule* Pharmily would like to wish everyone a very happy spring and beyond!

(Here comes the waterworks and they are not from the rain)

Love,

Daisy Zhu
APhA-ASP Communications Vice President



Acknowledgements

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