

The

# Monograph

VOL. 7, NO. 2

OCTOBER 2005



**New faculty building: the inside scoop**  
**The second annual pharmacy Beer Mile**  
**How to save money on gas**

## The Monograph Contributors

### EDITORS

Lucy Chen  
Emily Lam  
themonograph@gmail.com

### OT6 REPRESENTATIVE

Jonathan Wright  
engpharm0T6@hotmail.com

### OT7 REPRESENTATIVE

Gayarthri Radhakrishnan  
gayarthri.radhakrishnan@utoronto.ca

### OT8 REPRESENTATIVE

Lukasz Krajewski  
lkrajewski@sympatico.ca

### OT9 REPRESENTATIVE

Shaun Lee  
shaun.y.lee@gmail.com

### PRINTER

Mach II Press



Interested in contributing to The Monograph in writing, photography, shout-outs, jokes, poetry or artwork? Please e-mail [themonograph@gmail.com](mailto:themonograph@gmail.com)

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## UPS Council - Updates

Two months of school have flown by and here we are on the cusp of winter – theres a little chill in the air, a little darkness in the early evening and a little frost at dawn... by the time you read this, pharmacy will be just getting ready for Phollies and the Semi-formal! Our events and social directors (Aarti, Elena & Henry) have put an enormous amount of effort into organizing these annual favourites and I encourage you all to thank them personally for their hard work.

Now, its not all about the old - speaking of things new, it seems that everyday there is a new hidden pharmacy talent being discovered - Janet Chong OT8 and the pharmacy choir has truly wowed us with their musical talents. Watch for them at the Phollies this week!

Additionally, a relatively new event was once again hosted. The Independent Pharmacy Forum organized by Sean Simpson OT6 was successful once again this year. Many OT6s, OT7s and a handful of OT8s and OT9s came out to learn about what it takes to go out on your own into the world of independent pharmacy as they heard from a dozen leading independent pharmacists. Everyone in attendance left the event with a great deal of information, inspiration and ideas for the future.

The UPS Student Initiatives Program supported the choir and Independent Pharmacy Forum this year – these initiatives clearly illustrate the types of events and activities that we are always looking for to expand involvement. If you have an idea for an event or activity, we encourage you to contact us. The request for support form is available in the website and the two of us will be more than happy to help you prepare your requests.

If you've noticed, an envelope has gone up on the UPS bulletin board for suggestions. This is to substitute the one on the website that has temporarily been removed due to some technical glitches – either way, we've got you covered and we're here to listen, so drop us a line!

People have been asking about the new faculty building and what is expected to happen when it does open. When it does, many opportunities to participate in Faculty activities will become available. This January will be a busy time as many activities will surround the opening and various chances for student involvement will be advertised soon. There will be the chance to participate in alumni events, tours, ceremonies and much more! Please watch for listserv and website messages outlining these opportunities in the near future.

In fact, UPS is contemplating a 'students spirit event' to be hosted in the new building. If anyone has a burning desire to help with this, or has an idea that they would like to propose, we encourage you to get in touch with us as soon as you can and we look forward to hearing your ideas.

Mohammad-Usman Imran  
UPS President  
[usman.Imran@utoronto.ca](mailto:usman.Imran@utoronto.ca)

Harsit Patel  
UPS Vice President  
[harsit.patel@utoronto.ca](mailto:harsit.patel@utoronto.ca)

## Cover Story

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Have you been speculating about what's inside our wonderful new faculty building? Speculate no more. Gayathri got an inside source to tell all.

## Features

### 8 PHARMACY LAUNCHES THEIR ASSAULT ON THE BEER MILE!

You won't believe what a few dauntless souls in pharmacy managed to do. Read all about it here.

### 10 SOME NAMELESS FACES IN TORONTO

It's all around us but we don't see it. No, I'm not talking about air. Poverty and homelessness is a real and drastic problem in Toronto. Shaun Lee reminds us that there's a person, as human and as unique as you and I, behind the huddled figure on the sidewalk.

### 14 PHARMAFILES: PATRICIA MARR

The first installment of a series of pharmacist career profiles, brought to you by your external affairs directors, Justin and Cathryn.

# FROM THE EDITORS

Well, friends, it seems that another November is upon us. Tis the season for sweaters, scarves, catching the flu and coughing your lungs out (like me), poppies pins, used book sales all over campus, Halloween parties, pumpkin carving, and midterms.



Did you dress up as a pharmacist for Halloween? I wouldn't either.

What is a pharmacy student to do to relax in the midst of this mind-boggling mad busyness, you ask? Well, there's always post-midterm-stress-relief-shopping, which has never failed this editor in her times of need. But, shopping isn't everyone's thing (shocking as it may be). In that case, you can always rely on your trustworthy Monograph for a few entertaining reads. In this issue, Jose Carvalho gives us an in-depth expose on the Beer Mile; Gayathri Radhakrishnan gets some hints from the Dean on what's inside the new building; Jonathan Wright shares some pearls of wisdoms with keeners (yes, OT8, he's talking to you); and we get to see some beautiful artwork from Allegra Connor.

Good as it may be, pharmacy students must not live on Monograph alone. UPS has been working very hard to have great events like the Phollies, Semi-formal, and Curling Bonspiel lined up for you this month. So come out, laugh, have a good time, and share a drink with new and old friends. If you don't...read page 13.

Lastly, a sincere apology to all our sponsors for the blurriness in last issue's ads and congratulations to Kaspar Ng as our September winner of best submission. He wins a pair of Famous Players movie passes.

Lucy Chen  
Editor

Emily Lam  
Editor

## Departments

4 Athletics

6 Awards recipients

23 Shoutouts

COVER: our new faculty building at University and College is almost finished! Whoo hoo!

# athletics

## Co-ed Athletics

**By Vijay P.A. Rasaiah**  
**UPS Co-ed Athletics Director**

It was a busy month for Co-Ed Sports and a heartfelt thanks goes out to all of those who made it out to intramural sports! Co-Ed Volleyball and Basketball are off to a fine start. Let's keep up our participation and keep on having fun!!!

Mark your calendars as Saturday, November 12th is the date for our annual Pharmacy Curling Bonspiel brought to you by your friendly UPS Sports Council. The Bonspiel (don't you just love that word!) will be from 11 am-4 pm at the East York Curling Club on Cosburn St. Sign-ups times will be announced by posters and email. ALL SKILL LEVELS encouraged to come out. There will be some instruction by one of the world's greatest curlers (ok, one of UofT's greatest)!!! The best part is that it doesn't cost you anything!!!

Finally, just wanted to show you our "Co-Ed Sports Photo of the Month". It comes to us from Back Campus UofT where Pharmacy almost pulled off the biggest upset in Intramural Softball History! They were narrowly defeated in the FINALS by those CUPE hardballers. See you on the field/court next month!



## Female Athletics

**By Amy Tam, OT8**  
**UPS Female Athletics Director**

The players of the women's teams have done an excellent job so far. It has only been a month and a half and they have dominated in their sports. For women's soccer, these ladies wake up early for their 7:30 games on a Monday morning. However, they do not let these early mornings intimidate them. In fact, under the lead of Lauren Mirabelli (OT8), the women have dominated the field showing amazing skill, endurance, and strength. These ladies even win some of their games without their opponents even scoring a goal! They have won two games and tied one so far.

Similarly, the women's flag football games also take place at 7:30am, but on Tuesday mornings. They have won one game and lost another. But in their first game, they defeated Victoria College! Thanks to Steph Barnhill (OT7), the captain of this team!

The turnout for women's basketball has been excellent. And despite a very close loss in the first game they played against SGS, they managed to overcome that and crush Victoria College in their second game! Special thanks to Dania Edgar (OT7) for captaining this team.

Women's division one volleyball has gone off with a great start. They are currently in a winning streak with Megan Baker (OT6) as their captain! Despite losing their first game against U.C., they were able to work together and win two out of the three sets against the phys-ed team!

Once again, a big thank you to all of the captains and good luck to all the teams! Participation has been excellent so far, and I hope everyone will continue playing with Pharmacy in intramurals!

## Male Athletics

**By David Zhao**  
**UPS Male Athletics Director**

Now that we are in the middle of the fall intramural season, here is an update on what's been happening in men's sports. The men's hockey team won their 1st game 7-2 against the frat house Fiji in impressive style. The team has become noticeably stronger with the addition of 2 new forwards Trevor Polson (OT8) and Vincent Cheng (OT9). With back-to-back championships under their belt, the men's hockey team is going for their 3rd consecutive chance to lift the championship trophy.

The men's volleyball team would not be the same without returning players like Andrew Liu (OT6) and Mike Popielaty (OT7), while a new recruit Puric Veselin (OT9) has emerged to be an excellent all around player, helping pharmacy edge out their 1st win over Engineering.

Veteran soccer players Milton Reisis (OT7) and Mena Ibrahim (OT8) are trying to lead the men's soccer team into the playoffs with help from Peter Shalvardjian (OT8) excelling at soccer throw-ins.

Having come so close in the past two seasons, once only losing by two points in the championship game, the men's basketball team, lead by team captain Bryan Haley (OT6) and many returning players have set their goals on helping pharmacy win its 1st men's basketball championship.

Lastly, thanks to all the men's flag football players for their dedication in coming out to the games, often skipping classes and playing no matter if it's rain or shine. Best of luck to all the teams for the rest of the season! Thank you for representing pharmacy.



**PHARMACY**  
*Athletics*



# Canadian Society of Hospital Pharmacists Société canadienne des pharmaciens d'hôpitaux

*Vision 2006: • A revitalized Society • The influential voice for hospital pharmacy  
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The Canadian Society of Hospital Pharmacists (CSHP) is the national voluntary organization of pharmacists committed to the advancement of patient-centred pharmacy practice in hospitals and related health care settings.

CSHP supports its members through advocacy, education, information sharing, development of standards, facilitation of research and recognition of excellence.

The Canadian Society of Hospital Pharmacists (CSHP) is seeking an enthusiastic pharmacy student to provide support to CSHP members and to advocate for hospital pharmacy during 16 weeks in the 2006 summer. The full job description for this position is posted on CSHP's website at [www.cshp.ca](http://www.cshp.ca)

As an ideal candidate for this position, you are currently enrolled in an accredited Canadian undergraduate pharmacy program and considering a career in hospital pharmacy practice. Your excellent communication and interpersonal skills are key as you network with CSHP members and volunteers. Fluency in both official languages would be considered an asset.

Interested individuals should apply in writing before **December 5<sup>th</sup>, 2005**. Please direct enquiries and send cover letter and curriculum vitae to the Executive Director.

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La SCPH est une organisation nationale volontaire regroupant des pharmaciens engagés à avancer la pratique pharmaceutique axée sur le malade dans les établissements de santé.

La SCPH apporte un soutien à ses membres au moyen de la représentation, de la formation, du partage de l'information, de l'élaboration de normes, de l'appui à la recherche et de la reconnaissance de l'excellence.

La Société canadienne des pharmaciens d'hôpitaux (SCPH) recherche un étudiant en pharmacie enthousiaste pour fournir du soutien aux membres de la SCPH et pour faire valoir la pharmacie hospitalière durant 16 semaines à l'été 2006. La description de tâches complète pour ce poste est affichée sur le site Web de la SCPH à [www.cshp.ca](http://www.cshp.ca)

Le candidat idéal pour ce poste est actuellement inscrit à un programme en pharmacie canadien agréé et considère l'exercice de la pharmacie hospitalière comme carrière. Vos excellentes aptitudes interpersonnelles et de communication sont essentielles pour réseauter avec les membres et les volontaires de la SCPH. L'aisance dans les deux langues officielles sera considérée comme un atout.

Les personnes intéressées doivent poser leur candidature par écrit d'ici le **5 décembre 2005**. Veuillez soumettre toutes questions et faire parvenir votre lettre d'accompagnement et votre curriculum vitae à la Directrice générale.

**Myrella Roy**

Executive Director/Directrice générale

Canadian Society of Hospital Pharmacists/Société canadienne des pharmaciens d'hôpitaux

30 impasse Concourse Gate, Unit/unité 3

Ottawa, ON K1V 0Y3

Tel: (613) 736-9733, ext./poste 225; Fax: (613) 736-5660

[mroy@cshp.ca](mailto:mroy@cshp.ca)

Pharmacy Student Intern  
Stagiaire-étudiant en pharmacie

# AWARD RECIPIENTS 2004/05

## YEAR 1

Alumni Undergraduate Award	Kaspar Yun Chak Ng
Joseph Charendoff Scholarship	Karen Chan
Lou Grainer Award	Erin-Leah Elizabeth McDonnell
Wilfred Isaacson Scholarship	Samer Dabbo
Ostrom and Pauley Scholarship	Ekaterina Blinova
Pharma Plus Drugmarts Limited Scholarship	Godfrey Mau
George I. Puro Memorial Award	Sandra Leanne Yeung
Shoppers Drug Mart Community Pharmacy Scholarship	Jeffrey Chou
Flora M. Ward Scholarship	Yi Chen

## YEAR 2

Alumni Undergraduate Award	Mohammad-Usman Imran
E.E. Binder Memorial Prize	Carol Ka Lok Wong
Corbett Scholarship	Lu Xin Ye
C. Leroy Coultis Scholarship	Nitu Jhaj
5T4 Award	Amna Saleem Mian
Charles E. Frosst Scholarship	Francesca LePiane
Max Kassel Memorial Scholarship	Jaklin Iskander
William Stanley Meeker Memorial Book Prize	Nitu Jhaj
National Pharmaceutical Sciences Group Scholarship	Mayce Al-Sukhni, Jolene Ng, and Cathryn Joy Sibbald
Novopharm Award	Nitu Jhaj and Ka Lai Chan
Bill Parish Memorial Award	Stephanie Barnhill
Pharma Plus Drugmarts Limited Scholarship	Nabeel Muhammad Syed
Procter & Gamble – J. Marvin Shaw Scholarship	Sarah Joy Boudreau
Joseph Senelnick Rho Pi Phi Memorial Prize	Ka Lai Chan
Shoppers Drug Mart Community Pharmacy Scholarship	Lori Yuhan Chen

## YEAR 3

Alumni Undergraduate Award	Andrew Liu and Felix Siu Ping Tam
M. Carolyn Braiden Scholarship	Emily Anne Reynen
John Connelly Memorial Scholarship	Megan Ross

Drug Trading Company Limited Awards	Lina Shuk Kwan Ho and Lisa Michelle Smith
8T0 Award	Andrew Liu
Pauline Guindon Scholarship for Marketing Excellence	Oswald Gabriel Buhrmann
John H.H. Jury Scholarship	Bonita Sawh
Theodore James Kanas Memorial Scholarship	Amanda Elizabeth Jerry
E.A. Lovell Scholarship in Pharmacy	Shiri Iskander
Jeanette Mednick Memorial Scholarship	Kristin Louise Shaw
Merck Sharp & Dohme Canada Limited Scholarship	Julie Ann Kathryn Robinson
Ed Mirvish Centennial Scholarship in Pharmacy	Stephanie Jayne Gracey
National Pharmaceutical Sciences Group Scholarship	Anna-Lisa Sofia Bond, Shelby Lynn Chamut and Leah Mildred Jackson
Novopharm Award	Roderick Ting Fung Cheung
Starr Wilfred Oldershaw Scholarship	Kristin Louise Shaw
Osborne Scholarship	Kara Christina Michelle MacDonald
Lieut. George R. Parke Medal	Kristin Louise Shaw
Perrigo Award for Excellence in Nonprescription Medication Studies	Emily Anne Reynen
Pharma Plus Drugmarts Limited Scholarship	Jake Roy McCracken
Jack H. Stein Award	Joanne Hawrish
Fred W. Teare Memorial Scholarship	Lina Shuk Kwan Ho, and Julie Ann Kathryn Robinson
Undergraduate Pharmacy Society Award	Andrew Liu
Arthur and Pat Ward Scholarship	Kristina Louise Kelley
Sharon Wells Memorial Award	Duc Co Douglas Ma

## YEAR 4

American College of Apothecaries Award	Keren-Tova Rabin
Apotex Inc./P.A.C.E. Future Leader Award	Robin Elizabeth McGuire
Jack Austin Retirement Scholarship	Tal Hahamovich, and Nilam Patel
Harold G. Browne Prize	Amanda E. Canard
Tony Crcnich and Mahlon Dyer Scholarship	Lauren Alexandra Wilson
C.S.H.P. (Ontario Branch) Award	Anjali Bedi
Horace J. Fuller Memorial Award	Anh Thu Hoang Le

D.R. Kennedy Memorial Award	Shannon Lee Eagles
Leon Koffler Memorial Scholarship	Tal Hahamovich
Danusia Oczko Award	Julia Lynn Groenestege
Pfizer Fellowship in Pharmacy	Lisa May Zhu
Pharma Plus Drugmarts Limited Scholarship	Bartosz Zalech
Bob Pritchard Memorial Award	Natalie Ann Morse
Ratiopharm Pharmacy Practice Research Award	Anh Thu Hoang Le
John Roberts Scholarship and Medal	Jacqueline Wong
Ruth Segal Memorial Award	Kimberly Anne Virtue
Douglas Stewart Memorial Award	Jacqueline Wong
Doris Thompson Award	Ravinder Kaur Minhas
Major F.A. Tilston, V.C., Scholarship	Anh Thu Hoang Le

**GENERAL AWARDS**

Tom Axler/Shoppers Drug Mart Prize in Pharmacy	Justin Yusen Lee
Paul G. Halligan Faculty of Pharmacy Spirit Award	Victoria B. Luckham
Horace David McCord Memorial Scholarship	Habibat Aziz Garuba, Sarah Joy Boudreau and Felipe Edgardo Campusano

**ADMISSION AWARDS - 2005**

Chinese Canadian Pharmacists' Association (Ontario) Entrance Scholarship	Yu Hsin Chao
Federation of Chinese Canadian Professionals (Ontario) Education Foundation Entrance Scholarship	Amanda Hew Wen Chan
Horace David McCord Memorial Scholarship	Michael Benjamin Taub
Pharmacy Admission Scholarships	Kevin James Curley, Lisa Marie Leamen, Ann Ka Yan Leung, Sandip Singh, and Maggie Man Ying Wong
Pharma Plus Drugmarts Limited Scholarship	Erin Elizabeth Matheson
Arthur A. Shapiro Memorial Award	Stephanie Lynn Smith
Col. F.A. Tilston Admission Scholarships	Justin Robert Leslie Barnaby, Engy Henis, Lesley Anne Palmay, Charlene Wilson and Shady Gamil Youssef
William James Toth Memorial Pharmacy Scholarship	Lara Thanh Tran
War Memorial Scholarship	Victoria Lao

Midnight



Masquerade

Friday, November 18<sup>th</sup>

Joe Badali's Ristorante Italiano & Bar

COST: \$35 per person, \$38 after October 31

in my space

Michelle Wong  
017

Who I Am ...  
How I Am.  
I Am Who?  
I: A Whom?  
Don't Know.  
Yet.  
Hope Will Soon.

HAPPY HALLOWEEN



# PHARMACY LAUNCHES THE ASSAULT ON THE BEER MILE

By Jose Carvalho, OT7

It's the beginning of September ... school is just getting under way (and somehow, I already find myself two months behind), the weather is slowly starting to cool down, the Carvalho family is mourning the departure of their favourite son, and pharmacy is starting to prepare for the BIGGEST event of the year! Yes, September signifies the arrival of the "unofficial" annual Pharmacy **Beer Mile**. Each competitor comes back from their respected summers to launch their assault on the beast that they call The **Beer Mile**. And I have to admit, more times than not, The **Beer Mile** conquers! Pharmacy competitors secretly gather up in small groups and whisper words about new strategies and techniques. They talk about strenuous training regiments that they have undertaken during the summer in order to achieve **Beer Mile** glory. Unfortunately, other **Beer Mile** competitors (ie. ME) aren't so quiet in the weeks leading up to the **Beer Mile**. Massive amounts of trash talking erupts at the Leslie Dan Faculty of Pharmacy: Social groups are split up, punches are thrown, threats are made, friendships

are ruined and I'm loving every minute of it...

"What is this **Beer Mile** and why is it causing all this commotion?" you may ask in wonder. The **Beer Mile** is the beginning, the middle and the end! It is that monster that hid in your closet when you were young. It is that grandma that pinched your cheeks until they became puffy and red. It is the ultimate test of skill and strength. In essence, The **Beer Mile** is EVERYTHING! The Rules: The **Beer Mile** is a SPECIAL type of race that combines the two very fine arts of drinking beer and running (which I do have to admit are two of my favourite things). Each competitor is responsible for drinking 4 cans of beer (355ml of at least 5%) and running 4 laps of a standard 400m track. The race begins with the drinking ("chugging") of the first beer. Once finished the first beer you turn it upside-down over your head (to show proof of its emptiness) and throw it away into a recycling bin (I mean, we all have to do our part, right?). Anyways, once the first beer is finished you begin running, walking, crawling ...whatever you can manage to complete the first lap of the race. Once that lap (400m) is completed in its entirety, you move on to the second beer, then on to the second lap ...etc. Now, there are some twists to the **Beer Mile** (what good is a race without its share of twists?). If any competitor is unfortunate enough to puke during the course of this race, this individual will be responsible for an additional 5<sup>th</sup> lap after completing his/her 4<sup>th</sup> lap. It should also be noted that each individual is only responsible for one extra penalty lap, no matter how much he/she ends up puking. Otherwise, we'd be there all night for some competitors (ie. Mike Gleiser).

The extraordinary pharmacy women who took part in this truly marvelous event do have the option of only doing 3 beers or 3 "coolers" if beer doesn't suit their fancy. You may also wonder, "Why exclude all the non-alcoholic pharmlers from all the fun?" Well, I gotta tell you ... I don't exclude anybody! Competitors had the choice of substituting their 4 cans of beer with 4 - 500ml cartons of milk and competing in the "**Milk Mile**" (which I have to totally dissuade people from doing).

Countless days and nights passed by with tension that you could cut with a knife. Finally, it was September 24, 2005, the day of the 2<sup>nd</sup> Annual Pharmacy **Beer Mile**. Spectators of all ages, races, and religions started to fill the bleachers of Central Tech High School. They were all eagerly awaiting THE event of the year and they all knew that their lives would be forever changed after witnessing what some people call, "The race of the century!" Each competitor meticulously completed their warm-ups, waved and signed autographs for the roaring crowd, and finally put their beers at the start line. Each one of the competitors took the start line with the same thoughts in their heads, "I have to take down Carvalho so I can reap **Beer Mile** greatness!" They are referring to 3<sup>rd</sup> year pharmacy student, Jose Carvalho, the man who brought The **Beer Mile** to pharmacy and last years champion. Each competitor looked around nervously one last time before the gun went off. "BANG!" the gun went off and all hell broke loose ...

Before I announce the results I just wanted to say how



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amazing this night truly was. I was thrilled with the turn-out and I know that the rest of the world finally realized that nobody **Beer Miles** like U of T Pharmacy! You guys made this thing a lot of fun and a huge success. I am proud of each and one of you!

OT6s = No representation! I have no reason not to believe that they were just scared of the ass-beating they'd get at the hands of the OT7s and even OT8s!

OT7s = Everybody already knew from last year that we knew how to **Beer Mile** and we definitely showed it again ... but bigger and better! Noooooo body **Beer Miles** like the OT7s! shit.

OT8s = I gotta say ... you guys impressed me the most out of anybody. The turn-out and enthusiasm that I got from you guys was second to none. The **Beer Mile** will be left in good hands when I am gone (that is, if I ever graduate).

OT9s = Well we had two of you guys come out and START The **Beer Mile**. NOBODY finished. It was a good start though ...

Without further ado, here are the official "unofficial" **Beer Mile** results:

#### Men:

- 1) Jose Carvalho (OT7) - 6:55 (New Pharmacy **Beer Mile** Record!)
  - 2) Andrew Tolmie (OT8) - 10:14
  - 3) Trevor P (OT8) - 10:15
  - 4) Ashwin "Diktor" Juneja (OT7) - 10:35
  - 5) Usman (OT7) - 11:35 \*\*This man completed The **Milk Mile** (drinking 2L of milk) and didn't puke. He Deserves mad props\*\*
  - 6) Shane "Veggie" Gill (OT7) - 13:54
  - 7) Pat J (OT7) - 14:39
  - 8) Kareem Ali (OT7) - 16:26
  - 9) Michael Gleiser (OT7) - 19:10
  - 10) Andrew "Slobo" Milojevic (OT7) - 21:29
- \*\*\* Michael Racki (OT8) - 9:23\*\*\* - **UNDER PROTEST**
- Eric Henderson (OT8) - DNF - P.S. I forgot to mention that my running shoes have orthotics in them. They may have felt weird!
- Dan M (OT9) - DNF
- Andrew Wray (OT9) - DNF
- Gabe Sin (OT8) - DNF

#### Woman:

- 1) Jaclyn Walter (OT7) - 8:33 \*\*\* 3 Coolers\*\*\*
  - 2) Jen Handley (OT7) - 11:00 (New Pharmacy **Beer Mile** Woman's Record for 4 Beers)
  - 3) Francesca Le Piane (OT7) - 11:06 \*\*\*3 Coolers\*\*\*
  - 4) Kristin McCulloch (OT8) - 18:20
  - 5) Nicole Samuel (OT8) - 21:07
- Steph Hung (OT8) - DNF

Due To the overwhelming support and interest that I received from this year's version of The **Beer Mile** ... we will definitely come out with "Pharmacy **Beer Mile** Part 3: The Finale". It's going to be bigger and badder than the previous two. It will be my final pharmacy **Beer Mile**, so be expecting pandemonium! I hope to see many more of you guys participating next year, rather than spectating! Stay tuned for details!

# Grade 8 English Revisited

By Mike Popielaty, OT7

A simple reminder of some commonly confused grammar things. I used dictionary.com a few times, and sometimes I just give examples of the word's usage (instead of a definition or extensive explanations or whatever) since I'm not an English teacher and/or lazy.



Photo: barbelgin.typepad.com/glb\_teachers/home\_page/

**there** – e.g. The book is over *there*.

**their** – the possessive form of *they*, e.g. *Their* books are over there.

**they're** – contraction form of *they are*, e.g. *They're* over there with their books.

**than** – a comparative type thing, etc...e.g. The dog is bigger *than* the cat.

**then** – a time type thing, etc...e.g. I will go to class first, and *then* the concert.

**to** – lots of definitions at dictionary.com, hah. e.g. I'm going *to* the store.

**two** – the number, 2.

**too** – also, excessive, etc. e.g. The number two is familiar to me *too*; The number two is all *too* familiar to me.

**where** – dictionary.com, e.g. *Where* did my underwear go?

**we're** – the contraction of *we are*, e.g. *We're* going to look for my underwear in that sketchy public park.

**were** – read dictionary.com, e.g. *We were* happy when we found my underwear in my room and not the public park.

**here** – dictionary.com, e.g. The party is over *here*.

**hear** – the thing we do with sound and ears and stuff, e.g. Did you ladies *hear*? The party is here in my pants.

**you're** – contraction of *you are*, e.g. *You're* coming to the party aren't you?

**your** – possessive form of *you*, e.g. You ladies should have a party of *your* own too.

**right** – correct, a direction, etc. e.g. Saying yes to the party is the *right* answer; Turn *right* at that intersection to avoid the creepy guys.

**write** – the thing we do with pens and paper, e.g. I like to *write* silly monograph articles.

**which** – dictionary.com again...e.g. *Which* of these pairs of underwear belong to you?

**witch** – the creepy ladies with the brooms in the fairy tales, e.g. The *witch* melted away when she saw my underwear.

Last but definitely not least, my favourite grammar pet-peeve that we all make...

**it's** – This is the contraction form of *it is* or *it has*... it is NOT NOT the possessive form of *it*. e.g. *It's* about time I stopped with this underwear theme because *it's* going to earn me many creepy looks from my classmates.

**its** – This is the possessive form of *it* and NOT the equivalent of *it is*, e.g. The old museum closed *its* doors one last time to make room for a Wal-Mart.



Photo: news.bbc.co.uk/2/hi/in\_pictures/4195357.stm

Wearing a baseball cap, hooded sweatshirt and rag-tagged shoes, "James" lays his head on rock hard surfaces of the streets of Toronto. With his life in his bag, he moves from city street to city street, shelter to shelter. He survives on necessity and the generosity of others. For him, "poverty is not simply an absence of money; but an absence of choice." "James" is just one of the thousands who do not live, but survive day by day on the streets of Toronto.

A few short facts about poverty in Toronto (taken from [www.dailybread.ca](http://www.dailybread.ca)):

- 175,000 people rely on food programs each month in the GTA in 2005. 66,500 are children.
- Food bank users have \$4.95 per day to spend on ALL NEEDS other than rent.
- 50 % of food bank clients go hungry at least once a week.
- 25% of food bank clients go hungry often so their children can eat

Initially, when I saw these numbers, I didn't believe it until I met some of these people firsthand. Let me introduce you to a few of them.

"Rita"  
Singing with a joyful voice every night, she brings a cheery atmosphere to those around her. At a homeless shelter, she goes from table to table, bringing food to those who are unable to line up themselves. Eventually, she takes a Styrofoam plate of food for herself, warms it up in the microwave, and sits down for dinner. After which, she lines up again for a second helping. Upon completing that, she lines up again, not to receive food for herself, but to get food for her friend and her three children. Stale bread in bag and plates wrapped in tinfoil, she says goodbye to the residents, gives the helpers a hug and she is on her way.

"The lady who's hungry"  
She travels from subway to subway, and screams, "Can someone spare me some change? I'm hungry." She gets right in the face of people so most people try to ignore her. A few do contribute to her cause. By the end of the subway ride, she has accumulated \$8, more than enough for lunch but she moves on to the next subway and repeats her routine. A friend of mine once offered her some peanuts but was outright rejected. A picky eater or an abuser of the system?

"Diane"  
At the age of what appears to be 17, she lives on the street with her boyfriend. They have a German Sheppard named "Cola". Did she have to live on the street? No. But her choices were limited. It was either survive the cold nights of Toronto or stay in a house with a father who abused her sexually, physically and emotionally. She did have a choice as to where she wanted to live but for her, it was like choosing between two different pieces of green, moldy bread.

I wrote this as a brief introduction to some of the faces of downtown Toronto. Some of them want a joint. Some of them just want a coffee. Many of them are polite and are open to conversation. Others are rude, profane and abuse

the government system that tries to help them. And of course, we can't forget the crazies that bang their head against the walls, talk to themselves or freak us out by staring uncomfortably at us while we ride the subway. Fact of the matter is, the diversity of Toronto doesn't just remain in the upper echelons of society, but is also present amongst those in poverty.

Let me leave off with the experience of a friend whose words inspired this writing. He is a huge advocate for social justice and has spent much time working with the poor. As a counselor he had the chance to talk to some kids (7-12 years old) who live on the streets/group homes.

Playing with the kids he asked one the simple question, "If you could have anything, what would you like?" The 8 year old replied, "I want to get a gun... so that I can hurt the people who hurt me."

Turning to another kid "What would you want to be when you grow up?" He replied "I want to have lots of guns, so I can hurt the people who hurt me."

And finally, looking to a third kid, my friend asked "Who do you look up to?" His reply was this: "I want to be like that guy on the street corner. He survived in life because he hurt those who hurt him when he was kid."

I've lived in Toronto all my life and know it can be a great and scary place to live. Fact is, life can be both great and scary, too. For some, it leans more towards the scary side most of the time. Mother Teresa was probably thinking of these people when she said this:

"Being unwanted, unloved, uncared for, forgotten by everybody, I think that is a much greater hunger, a much greater poverty than the person who has nothing to eat."

## Just Your Nature

By Allegra Connor, OT9

When you speak to me so cold  
I wonder if you know what it's like to be alone  
To fall asleep and hope to remain  
In eternal slumber free of your pain  
I wonder if you know the damage you've caused

I know it's just your nature  
I know you can't have failure  
But where does that leave me  
Somebody rescue me

Can you tell me who do you blame  
When your body starts to shake at the sound of someone's name  
When your mind goes blank and your eyes seal in fear  
When you cry in the dark with hands on your ears  
I wonder if you know the damage you've caused

I know it's just your nature  
I know you can't have failure  
But where does that leave me

I can't hear you  
I can't feel you there  
Please hold me while I fade away  
Please love me if for a moment  
Because I'm not here to stay  
Do you need me  
Do you depend on me  
Do you need my blood to feed your misery  
I'm so sorry, I'm sorry, I'm sorry

I know it's just your nature  
I know you can't have failure  
But where does that leave me  
Somebody rescue me

# Featured Professor of the Month

**Name:** Heather Boon

**Course(s) you teach:** PHM 457 (Natural Health Products Elective in 4th year) and guest lectures on herbals, homeopathy and qualitative research methods

**Most embarrassing moment as a professor or as a registered pharmacist in practice?** I landed in Philadelphia where I was supposed to be giving a talk on herbal medicines at a pharmacy conference and realized I had forgotten the file with all the information about the conference on my desk. I didn't know where the meeting was. Since it was a chain drug store meeting, I looked up the stores in the yellow pages. I had to call two pharmacies before I found someone who could tell me where to go.

**Hidden talent(s):** I can make awesome ginger cookies.

**Nicknames(s):** "Edder" (picked up because some of my Francophone friends have trouble with the "H" and th" in my name)

**What is a weird obsession that you possess?** I eat the same thing for lunch almost every day (tuna sandwich)

**What kinds of things do you collect?** books -- lots of them that I never have a chance to read.

**How can students ace in your class?** Think critically and don't believe everything you read about herbals!

## A Look at Elaine's Agenda

By Elaine Tam, OT9

This is what was scrawled into Elaine's agenda for September 2005 (excluding the mountainous readings for PHM 120 and PHM 127 and other homework of course):

Phrosh week • welcome back party at Shallow Groove • induction ceremony • pharmacy and dentistry boat cruise • PROFAC party at Afterlife • phrosh banquet • free lunches from CPhA, Novopharm, OPA, Apotex, and CSHP • campaigning and class elections • coursepack ordering and pickup • clothing sales • sign-ups for intramural sports, choir, and Phollies • CPR and first aid training • PDW registration • meetings

Kudos to everyone involved in organizing all of the above – thanks for giving us OT9s such a warm and exhaustive welcome into the pharmacy family!

## What I Miss about First Year

by Terri Chan, OT8

1. The 15-hours of class (or less!) a week and Wednesdays off
2. The free lunches, new backpack, and binder
3. Professors that I could understand and didn't mumble
4. There weren't any stressful Pharmaceutics labs where sometimes I have no clue what's going on
5. Feeling like I was keeping up with the workload
6. Getting enough sleep at home (and not during lectures) ;)
7. The Henderson-Hasselbalch equation wasn't mentioned in every class
8. 1-hour PPL labs (Only 1 hour!!!)
9. Coming home before rush hour
10. Being more involved in other things besides school

So, the lesson is: please enjoy yourself while in first year. It goes by so fast and pretty soon you'll be wondering what you did with all that extra time! Spend it wisely! :)

## Make a Difference with Medical Pharmacies

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# The Engineering Pharmacist - An Engineering Science Grad's perspective on life in the Faculty of Pharmacy

By Jonathon Wright, OT6

Okay... can we talk about the Tug-of-War for a minute? I know it was raining, and I know that Back Campus was really muddy and all... But that showing was PATHETIC! OT6, officially the smallest class in the Faculty now hovering around 170, had more people there than the other three classes combined. That's right, combined. Thank you for the 40 or so OT9's for coming out. We used half of our strength and beat you easily... but thanks for coming out. Aren't there supposed to be 240 of you? Oh well. OT7 and OT8 faced off in an epic contest... with four on one side, and three on the other. Maybe there were a few more, but there were definitely less than ten people in all. I did hear rumours of miscommunications, but I do know that people from each class managed to find the event, so what happened? OT7... did those ten calculations questions wear you out? OT8... well I guess things just haven't changed.

You guys really need to learn how to relax while under stress. The day I started this, I saw five of the OT8's doing questions out of the calculations text in the lounge. You know what will really make you fail your classes? Two things will guarantee sub-stellar performance. Number one, not learning how to put the books down. Lacking this skill will see you stressed out beyond belief, and unable to function. The second thing is learning how to choose what is really important to spend your time on. Pharmaceutical Care courses with a 60% pass grade are worth your time and effort. The self-taught component of a low-credit weighting course... you might be able to let that slide once in a while.

This was told to me in the Engineering Science F!rosh Physical Chemistry class one day (must have been seven years ago...). Picture a glass jar. If I fill it up with stones, is it full? The jar is not full, because I can still fit some pebbles in the spaces. Now is it full? Not really. If I wanted to, I could pour some sand in there. And it's STILL not full, because I can crack open a beer and add some to the mix. The jar is a tangible metaphor for your schedules. The first moral is

that you can fit just about anything into your schedules, as long as you fit in the big things first, namely the stones. By focusing on the little things first, you're filling the jar up with sand, and you won't be able to take care of the big picture. Moral number two: if you plan ahead, there is always room for beer. Or if not beer, then events like the Tug-of-War, the Phollies, sports, social events, council, Monograph articles... you get the idea. Don't get me wrong, being keen is fine, but if you're severely stressed out now in second year, or in first year for that matter, third year will be your breaking point and then some. Trust me.

Am I being unnecessarily hard on you guys? Maybe, but as a member of OT6 I just want to make sure that this Faculty is still going to be more than a bunch of classes after we leave. We can't really help you do that from SPEG sites. So, since these were left out of the Anti-Calendar, here are some keys to success. If you are having a tough time balancing your courses, talk to your Big Sib and get some advice. They're much more than a source of cheap texts and old tests. If your sib is missing in action, find someone else you know. Use me if you like. Drop me a line at [engpharm0t6@hotmail.com](mailto:engpharm0t6@hotmail.com). If you're REALLY having issues, talk to a TA or talk to a professor. They are paid to help you learn, right? In fact, you and I are the ones who pay them to help you learn. Don't be afraid to ask them for help. In fact, the earlier you ask them, the more likely it will be that you will get the help you need before it's too late. Also, GO TO CLASS. You may need to skip once in a while, but there is

really no substitute for attending classes. You may actually save time in the long run if you get all of your info first-hand. Lastly, learn how to study. Your midterms will be coming at you in batches. OT7's, be prepared for 4 - 5 major tests in periods of 8-10 days (including weekends). He who is disorganized will be lost.

Ok, enough gloom and doom for one article. Phollies and a whole host of other events are probably coming up. I want to see everyone get involved. OT8... show us that you exist, and that you know how to have fun. You've got one more month or so to prove it to me. And none of this vanishing on the last night of the Phollies stuff this year please... that was embarrassing for all involved. One more article left... Get ready for 3.5 years in retrospect!

## november events at faculty of pharmacy!

nov 3, 4, 5

phollies

nov 12

curling bonspiel

nov 18

semi-formal



## Your Rx for Success

Hi pharmacy,

Welcome to the first edition of the PharmaFiles. In every issue of the Monograph, UPS External Affairs will be profiling different pharmacists from across Canada. We hope to expose you to the many things that you can do with your pharmacy degree and possibly give you some role models within the pharmacy world. All profiles will later be posted on the UPS website, so you'll be able to access them whenever you want.

Do you know a pharmacist who is doing something unique? Let us know by emailing [just.lee@utoronto](mailto:just.lee@utoronto) or [cathryn.sibbald@utoronto.ca](mailto:cathryn.sibbald@utoronto.ca).

Enjoy,

Justin Lee (0T6)  
Cathryn Sibbald (0T7)

UPS External Affairs

## CAREER PROFILE

Compiled by Cathryn Sibbald, 0T7



**Name:** Patricia Marr

**Year of Graduation (optional):** 2001

**Which pharmacy school did you graduate from?**  
University of Toronto

**Have you completed any advanced training or certification?** Currently enrolled in the PharmD program at University of Toronto (1<sup>st</sup> year)

**Do you participate in any other professional activities (eg. committees, professional associations)?** I belong

to Canadian Society of Hospital Pharmacists, Ontario Pharmacists Association, Canadian Diabetes Association

**What position do you hold or what is your current practice?** I'm currently a student at the University of Toronto.

**How did you get to where you are today? What was your career path?** During my final year of undergraduate study in pharmacy I moved to Ottawa to complete my SPEP rotations. I liked the city and decided to accept a position at a local community hospital. The hospital was a great place to start my career. I had many opportunities to practice direct patient care. I completed patient assessments, made drug therapy recommendations, monitored and followed up drug changes, participated in multidisciplinary patient rounds and provided drug information. I also participated in the diabetes, heart failure and lipid ambulatory care teaching clinics.

While working at the hospital, I was approached by one of the endocrinologists to see if I was interested in working at his Metabolic Syndrome Clinic. I worked with a nurse, a dietician, and the endocrinologist – a true team approach. I assessed every patient's medications, provided drug therapy recommendations, educated patients, monitored and followed up drug changes. The endocrinologist relied heavily on my recommendations. At the end of my assessment he would write prescriptions for the patient. The best thing about working at this clinic was I began to truly appreciate what it means to practice patient care.

Last fall I started considering returning to school to complete a PharmD. I felt additional training was the best way to advance my practice. I applied to the PharmD program at the University of Toronto. I was accepted and started school this past July.

**What do you like most about your job?** Feeling like I've made a real difference in a patient's life. There is nothing more rewarding than that!

**What is your best memory of pharmacy school?** Time with friends: laughing over lunch, end of year trip to the Dominican, huge pancake breakfast parties at my apartment, nights out dancing.

**What is your most embarrassing pharmacy moment?** I once thought

I left my wallet on a bus. I chased the bus for 2 blocks before I discovered it was in my coat pocket. My friends razzed me about that for weeks!

**Tell us something very few people know about you (eg. hidden talent).**

I love to dance!! I will probably take dance lessons after completing my PharmD.

**What is your favourite drug and why? ☺**

I don't really have a favourite drug – but I do like Metformin. Metformin is the drug of choice for most patients with Type 2 diabetes for good reasons. It effectively lowers A1C and FBG, does not promote weight gain or cause hypoglycemia, has evidence of macrovascular benefit and is inexpensive. If dosed properly, gastrointestinal side effects can be minimized or avoided. Also, you may be surprised to discover that many contraindications to Metformin are controversial. (This is a good example of how many things in medicine are grey – not black and white) If you want to impress your case study leader for diabetes look up the controversy around Metformin associated lactic acidosis. The Cochrane Review is a good place to start.

**What advice do you have for current pharmacy students or new graduates?**

**Get to know your patients. They will teach you so much.**

Material learned in undergraduate study will come to life when you work with patients. Material will no longer be memorized. You will remember things because they are meaningful.

The time you spend up front learning about your patients, discovering their goals, their wishes – is extremely valuable. Developing a great relationship with your patient will help you assess their drug related needs and help you develop a plan to best meet those needs. A good rule of thumb is to treat patients how you would wish to be treated. That means discussing options with them first, finding out how they feel, and incorporating their wishes into your care plan.

**Learn from other health care professionals.**

Although we are taught in undergraduate study that pharmacists are the drug experts – it is important to remember that other health care professionals can teach us so much. I am a better pharmacist today because I have learned so many things from different health care professionals (especially physicians and nurses)

**Take your time deciding where you wish to work following graduation**

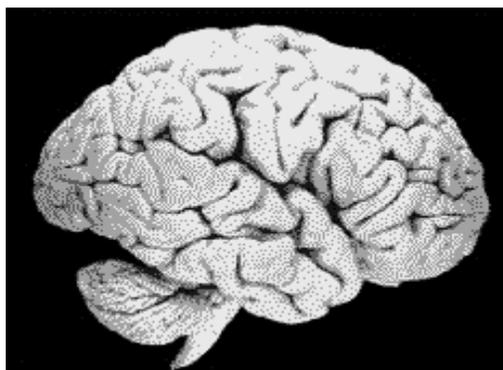
I remember in 4<sup>th</sup> year feeling pressure from potential employers to make a decision. Don't give into the pressure. Take full advantage of the pharmacist shortage. Be very selective! Choose a place to work that will allow you to practice patient care. Your employer should support your career goals and help you develop professionally. Don't settle for anything less.

## I call it "The Mush Theory"

**The Mush Theory** - The process that occurs when you try to study multiple topics at one time. On an individual basis each topic completely makes sense. However, upon accumulation the information becomes scattered and space in the brain cells become limited. Then at the critical moment, when you completed review of all materials for examination, **it all goes to mush and random snippets of wrong information are recalled during testing procedures.**

This theory has been tested in multiple studies over many years and has been upheld consistently. Retrospective data has been assessed and prospective studies are underway. Study participant(s) are all of above grade 6 reading capacity and have suffered little to no brain damage.

**Future implications of this data are great.** If proven correct, the mush theory



The brain: a ball of mush.  
Photo: ifcsun1.ifisiol.unam.mx/Brain/gifs/

may be used to eliminate all forms of testing on more than one topic. This would reduce psychological strain on many individuals who have better things to do, including: shopping, eating, sleeping and watching the paint dry.

### Conflict of interest statement:

Author of this article has been inflicted severely with the mush theory. She stands to gain no monetary grants from writing this article. However, she stands to gain more supporters and potentially strengthen 'The-Mush-Theory-Survivors' movement group ties to the "Frig- I- am- retarded" academic reject groups.

*-The author is a fellow pharmacy student and for her own personal reasons (ie graduation, PEBCs etc) hopes "the mush theory" does not truly exist.*

# Pharmacy Runs For A Cure

By Lesley Ng OT6

On Sunday October 2<sup>nd</sup>, the pharmacy team joined over 170,000 Canadians across the country and participated in The CIBC Run for the Cure. Together we raised \$21 million at the end of race day. This money will be used to fund innovative and relevant breast cancer research, education, and awareness programs.

The 11-member pharmacy team raised just over \$1000 in donations for this important charity (great work team!). We had an awesome time running with the other 30,000 Toronto participants starting from Nathan Phillips square, University Ave. Bloor Street and back. The music, crowds and mass number of participants created an indescribable energy that you cannot forget.

If you missed out this year, make sure you participate next year. The date is Sunday October 1st, 2006—>mark it on your calendar! Let's made this a pharmacy tradition!! If anyone is interested in putting together a team for next year, feel free to contact me for advice: Lesley.ng@utoronto.ca

On behalf of the team, thank you for all your support!



ABOVE: Snazzy Team Shirts!!

### CIBC Run for The Run-Team members:

#### OT6s

Abraham, Kristi	Kim, Linda
Langlais, Jennifer	MacDonald, Kara
Ng, Emily	Ng, Lesley
Tam, Felix	Tun, Micheline

#### OT7s

Janeczek, Patrick  
Markel, Sari  
Reid, Cheryl



ABOVE: Meeting Spot at Old City Hall was next to Nathan Phillips Square starting spot. And to think... we picked a meeting spot that wasn't supposed to be busy!!



ABOVE: Top Row: Felix Tam, Kristi Abraham, Jen Langlais, Micheline Tun, Cheryl Reid, Patrick Janeczek  
Bottom Row: Sari Markel, Lesley Ng, Kara MacDonald  
Missing from Picture: Emily Ng



ABOVE: Pharmacy Run-Team  
Missing from Picture: Emily, Cheryl, Sari

# Faculty News Part I

by Gayathri Radhakrishnan, OT7

Ever wonder what is going on with Sports or Phollies or the Choir in our faculty? Of course you have... And all of your questions are thoroughly addressed through the wonderful Listservs. But did you ever wonder what is going on with the Faculty on a larger scale? Questions like: who reads our course evaluations? Will we get an entry level Pharm D. program and are we going to get a Tim Horton's in the new building like the med students? Well, I got an opportunity to meet with Dean Hindmarsh and Professor Zubin Austin (Chair of the Curriculum Committee) to ask about these issues (and more) and here is what they had to say:

The responses have been paraphrased with the author's comments indicated in *italics*.

## What kinds of facilities will the new building have?

### Dean Hindmarsh (DH):

- There are 2 floors referred to as the resource centre. They are like a computer library (with access to all online journals).
- Wireless connection within building
- Main floor contains lounge area (*hopefully it will be larger than the one we have now*)
- A coffee shop (*don't know if it's a Timmys*)
- On 1<sup>st</sup> basement level, there's a large council room (for UPS)
- On 2<sup>nd</sup> basement level, there will be "loud games" like fooseball or any other games that students would like.
- Enough lockers for all students (*let's hope they won't be in the washrooms*)
- For students interested in a multifaith prayer room in the new building, there will be a new multifaith building on campus. It is the Koffler Institute for Pharmacy Management. It will house all multifaith activities in the university
- The 7<sup>th</sup> floor is comprised of the new state of the art PPL labs. It will contain private counseling rooms (for 1-on-1 patient interactions)

Students can take comfort in knowing that the new building will surpass everyone's expectations. The 2 pods that students see in the pictures represent lecture rooms that house 240 students. The building has been featured in the Globe and Mail and in the Wallpaper, a prestigious architecture magazine.

### **Faculty committees; their memberships and their functions (eg: course syllabus determination, hiring of new professors)**

**DH:** Our faculty is divided into 3 divisions: The division of pharmacy practice, division of pharmaceutical sciences and the division of social and administrative pharmacy. We also have several committees. These include Admissions, Awards,

Curriculum, Executive, Examinations, Pharm D. Committee, Library and Animal Care Committee. These committees are governed by the constitution at the university. All these committees are standing committees (meaning that they are required to be present in our faculty), except for Animal Care (this is required by the government). Membership in each committee is comprised of various faculty members and includes student representatives. Non faculty members from OCP and other Library directors also sit on these committees. Their functions are mandated by the faculty constitution. As the year progresses, different special committees are created to address different issues. The only committee that does not include students is the Executive Committee. Also, there is a Faculty Council that meets at least three times a year to discuss various aspects of the Faculty of Pharmacy. In this council, non faculty members and members from the community are invited to attend...*[If you have a question about a specific division of our faculty, address it to the appropriate student and they will forward it to the division director]*



Photo: <http://www.greatspaces.utoronto.ca/projects/pharmacy.htm>

### **Faculty's affiliations with organizations/institutions**

**DH:** The faculty of Pharmacy is connected with OCP, hospitals, community pharmacies, government (OCP), Pharmacy associations (like CSHP, CPhA, OPA) and pharmaceutical companies.

### **The impact of a large class size in a professional faculty; addressing the academic and social outcomes**

**DH:** There are several benefits. One is students have more opportunities to network and greater opportunities for social activities. There are several concerns. Students now have greater competition in each classes. As the size of the classes increase, it is important to maintain the quality of education. Also, increasing class sizes leads to hiring of more teaching staff and administrative staff.

*Some have said that having such a large size in a professional faculty may decrease the value of the education...*

**DH:** Yes, we have to ensure that the level of the education remains high and that we don't compromise it when accepting more students. Quebec (which has a total of 500 graduates per year from both its universities) still needs 1000 additional pharmacists. In Ontario, we need even more than that but right now we only have approximately 200 graduates. This is still not enough. Of the number of people licensed in Ontario, only 30% are from University of Toronto. 40% are international graduates and the remaining 30% are from other provinces. I do appreciate the importance of foreign trained pharmacists. However, I would like to have at least 50% of licensees in Ontario to be from the University of Toronto. This is the reason why enrollment has to increase.

**Use of course evaluations in modifying courses: What happens to the course evaluations that we fill out? Are they actually used in modifying the courses? If so, how does that happen?**

**DH:** The anonymous course evaluations go back to individual instructors. The scantron sheets are scanned and our written comments are typed up by Linda Chung [*Boy, that's a lot of typing eh!*] to ensure that instructors cannot identify students based on handwriting. The faculty hopes to computerize this sometime so that it reduces the workload on the person doing the typing. Then a copy is forwarded to the instructor and the Dean. Based on students' comments, changes are made to the courses.

As mentioned earlier, our faculty has 3 divisions. Each division director is responsible for the undergraduate curriculum in their division. Course evaluation assists in ensuring appropriate changes are made. Sometimes it just takes a longer time to implement these changes but the student's opinions are still valuable... [*So Pharmacy, keep the feedback comin'...they aren't just filed away in a dusty cabinet*]

----to be continued

***Interested in finding our more... You can read more about the exciting changes happening in our faculty in the next issue of the monograph...***

## How to make your Asian girlfriend happy

By Victor Wong, OT6

School's here again! And as you can probably see, the Faculty of Pharmacy is teeming with Asian girls.

If you're a guy in pharmacy, maybe you've taken a fancy to one of these little petite bodied girls. Or maybe you've seen another Asian girl on campus (they're everywhere you look), and the sight of her makes your heartbeat skip a little.

Have you ever wondered what will make her happy? Are you curious to know what she's looking for in a guy? Or maybe you're already in a relationship with an Asian girl and you're wondering why she's never happy with you?

Well fear not. Follow these rules!!

- 1) Be RICH. This is important for you, but not for her. For her the number two rule follows.
- 2) Spend MONEY on HER. This is the most important thing for her, whether you are rich, have any money, or must lie, steal, or kill to do it.
- 3) Be TALL. Of course you have no real control over this, but if you aren't tall, she will secretly and forever resent you for it and it will come out of left field to smite you. Preferably be about one foot taller than her - not for comfort or aesthetics, but because you are a trophy and, as always, the bigger the better.
- 4) Be a MINDLESS ZOMBIE RULED BY HER. Forget what you've heard about submissive Asian women. They actually rule every relationship with insidious and painful, passive-aggressive, guilt-evoking, whiny, crying mind-control.
- 5) Have the EMOTIONAL STABILITY OF A 4-YEAR-OLD. She will be impressed and enraptured by your delight at the sight of Hello Kitty, stuffed animals, puppies, kitties, duckies, bunnies, as well as chocolates, shiny jewellery and other trinkets and knick-knacks. Also, she will understand perfectly well if you pout over the smallest perceived slight or slip and demand to be appeased, assuaged, or made up to. If you behave any other way, she will never understand it.
- 6) Dress like a PRETTY-BOY GEEK. This will save her the trouble of replacing your wardrobe and dressing you, herself.
- 7) Remove EVERY HAIR ON YOUR BODY EXCEPT THOSE ON YOUR SCALP. The sight of a whisker on your face reminds her that somewhere inside you, something is trying to grow. You must not grow - you must be as unchanging and constant as the firmament.
- 8) There are NO MORE RULES to making your Asian girlfriend eternally happy. If any situation arises which you feel the rules have not addressed, you are mistaken - immediately refer to the primary rules #1 and #2 - they are the solution in every such case.

GOOD LUCK!! =)

## Why Use a Narcotic When You Don't Have to?



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# EXCERPTS FROM MY NIGHTMARES

By: Bruce Li , OT7

For you second year students who have yet to experience Debra Sibbald's panel, and for you first year students who have yet to experience any real academic challenges whatsoever, allow me to describe a little of what is in store for you. Apparently, "they" (as in 'the faculty') want us young pharmacists to handle high-stress situations with not only grace, but also knowledge. Go figure. To that end, upper year students are put through the tortuous exercise of weekly panels, case study seminars, and student-run tutorials.

Basically, the faculty throws out the honour system and actually tests if we've done our pre-class readings by selecting a random group of students to be put on the spot and answer relevant therapeutic questions. This is wonderful for those of us who are self-directed learners, who do not procrastinate, and who handle pressure with ease...

... .. right, we're all like that.

But for those of us who aren't so comfortable with public speaking, or those of us who prefer not to participate in class, these exercises can be highly unnerving. Even if one has prepared by reading the assigned material, being comfortable enough to answer the question is a whole different ball game. I mean, it's hard to remember what the differential diagnosis is for contact dermatitis when you're fighting off the 4-pound lump in your throat; or have trouble hearing the question over your throbbing carotid artery.

All of that anxiety probably comes from a fear of giving the wrong answer and the deep feeling of embarrassment that usually follows... and fear is a powerful thing, my friends. Here's a glimpse into how crippling fear can be (and how incredibly funny embarrassment can be for everyone else not involved):

## Scenario 1

<Prof> - "So, Bruce, can you tell me the first-line treatment for Athlete's Foot?"

<Bruce> - "Uhh... .. Well it's uhh... .. clotrimazole 1%?"

<Prof> - "Is that so...?"

<Bruce> - "Uhh... let me see..." (while flipping madly through Patient Self-Care)

<Prof> - "Let me re-phrase. Why have you chosen clotrimazole 1% over the other treatments?"

<Bruce> - "... Well, it was the first one listed in the chapter."

(Audience laughs... Prof shakes head... Bruce turns red and dies).

## Scenario 2

<Prof> - "So, can anyone tell me what type of organism *Mycoplasma pneumonia* is, Gram negative or positive?"

<Bruce> - (puts hand up, desperately in need of participation marks) "Positive?"

<Prof> - "Sorry."

<Bruce> - "Oops, I meant to say Gram negative, honestly. It's definitely Gram negative."

<Prof> - "Actually, it's atypical. Moving on."

## Scenario 3

<Prof> - "Bruce, would you recommend that the patient take amoxicillin or erythromycin for this infection?"

<Bruce> - "Well, amoxicillin would be the first agent I would recommend because of its efficacy against Enterococcus species, oral anaerobes, and aerobic gram positive organisms. It also has a lower cost than most other antibiotics and is generally well-tolerated." (quoting a reference WORD for WORD).

<Prof> - "Hmm. Interesting choice. What about the patient's allergy to aminoglycosides?"

<Bruce> - "...Oh yeah,... uhh... sorry, forgot about that. Well, in that case, erythromycin is what I would choose because of its atypi--"

<Prof> - "Is that so? Because amoxicillin is actually NOT an aminoglycoside and shouldn't pose a problem for the patient. You were right the first time."

<Bruce> - "That's great... May I have my dignity back?"

Hey, I suppose practice makes perfect – and it's better to experience the pain and embarrassment in front of our friends and peers rather than our future patients. So when we are done with the program, I am sure we will all be grateful for the baptism by fire the faculty has given us in preparation for the real world. But until then, not much is going to make us feel better about making complete asses out of ourselves in front of everyone.

## WHERE IS TECHNOLOGY TAKING THE FUTURE OF PHARMACY?

By: Mai Duong, OT7

Remember growing up, and wishing you could live in the Jetson household with everything made easier through the flick of a switch or a command to your personal robot? Meals would come to you via Rosie the robot, or on a conveyor belt... not to mention walking was totally over rated, when you had sliding sidewalks and transport tubes. Yes the Jetsons seemed to have it all. I wonder what kind of pharmacy the Jetsons went to? Did they have a futuristic electronic pharmacy? Was everything delivered directly after the doctor pressed a button or entered the request into the computer, and a hologram pharmacist would pop up to counsel from the electronic receipt? Imagine...no paperwork, no lineups, no yelling customers at the counter.

Well, back here in the 21<sup>st</sup> century we're not quite at that level of sophistication and convenience, but the industry is definitely on its way into the future of health care. On September 28<sup>th</sup>, The Canadian Association of Chain Drug Stores (CACDS) hosted a conference for "Global Innovations in Pharmacy", for practicing hospital and community pharmacists, industry stakeholders, pharmacy associations, and consultants in the health/IT field. The main focus of the conference was the emerging trend that health care will soon become linked through electronic means. In England and the Netherlands, there has been action taken to start implementing this new system in order to optimize resources and facilitate patient history and DRPs to health care providers. What is being proposed is the utilization of electronic medical records and linking dispensing and patient history into one national database via an information pathway that links community pharmacies to

primary care providers and hospitals.

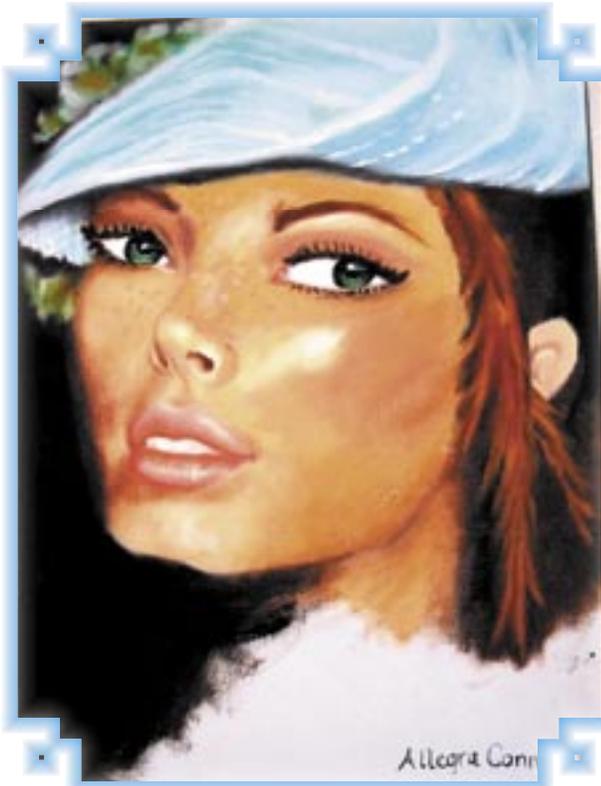
So what does this mean for pharmacists? The model being adapted seems to entail small servers and networks merging into one through a gateway where all the information is stored and updated by each individual server. Each individual server would represent a community pharmacy; requiring each pharmacy to be responsible for updating and maintaining current records and dispensing practices. Furthermore, hospitals and physicians would also be linked to this network; therefore, the pharmacist (with granted access) would be able to retrieve all drug information from all attending doctors and hospital visits, as well as the dispensing of drugs to the patient from other connecting pharmacies. This would mean that pharmacists would have all the info in front of them to monitor all DRPs, and vice versa, wherein the physicians could monitor compliance and drug interactions more easily. The idea of merging all this info into a retrievable database is to exploit the information out there. Too often do we see piles of paperwork, lack of communication through health care providers, and the repetition of work. How often have we been frustrated because we can't get our phone call through to doctors to retrieve more information? This email based system is designed to increase health care access, quality and productivity, and most importantly offer patients optimal care.

However, with that in mind, this is not an easy task, and many obstacles have been presented. Patient confidentiality, human entry error, national security issues, personnel adaptability, time investment on behalf of the health care practitioners, etc... are among some of the huge challenges that policy makers in both the UK and Netherlands have faced in order to kick start this project.

*(Cont'd pg. 20)*

## Allegra's Art Archive

by  
Allegra  
Connor,  
OTJ



# gal: how to burn less

By Lukasz Krajewski, OT8

When the combustion engine was invented in the 1800s I am sure everyone was thrilled with the possibilities of what this new technology could bring the world. People must have envisioned horseless buggies, tractors, automobiles, and all sorts of other multi-wheeled vehicles. Yeah right, the first person on a horseless buggy was probably thought of as crazy. Well, nonetheless all of those things did come into existence and today, drivers can pride themselves in being able to stew in a giant parking lot, also known as the QEW, during rush hour, and paying for every minute that engine is running.

Now, depending on the type of engine, number of cylinders and displacement, you may be paying comparatively little for driving, or quite a lot. With gas prices soaring above \$1.00 per liter, being able to spend less at the pump is definitely worth it. To help you with this endeavor, yours truly decided to bring you the best tips for improving your fuel economy.

**DISCLAIMER:** Once you are a pharmacist this information will no longer apply since you will be able to afford to drive anything, and never worry about gas prices again.

**Tip #1 - Follow your manufacturer's maintenance schedule.** This is a very nifty way of keeping your car running as efficiently as possible, which naturally translates into better fuel economy. During maintenance appointments, manufacturers will most often change your oil and filter, and set your engine to proper specifications.

**Tip #2 – Keep your tires properly inflated.** You should check your tire pressures monthly. Tires continually loose pressure and having an under inflated tire by as little as 2 psi causes a 1% increase in fuel consumption. Over time this can add up, especially if you have more than one tire that is under inflated. You can check tire pressures at most gas stations. To see what the pressures should be, there is a sticker on the driver's door edge that will tell you exactly what the front and rear tire pressures should be.

**Tip #3 – Drive at or below the speed limit.** I know this can be extremely difficult to follow so let me give you some motivation. According to Natural Resources Canada, increasing your speed from 100 km/h to 120 km/h can increase fuel consumption by 20%.

**Tip #4 – Keep your car's weight to a minimum.**

*(Cont'd from pg. 19)* Back on the home front, Canadians are taking steps in almost all provinces to keep up with this growing trend and increase utilization of electronic medical records, through Canada Health Infoway. We are not yet at the phase of implementation that these other countries are, but it is fast approaching and we hope to be ready to see some results by the year 2009. For now, things to look out for would be e-prescribing (already common in the United States, and proven useful after hurricane Katrina when data was lost), and e-resources such as e-therapeutics offered by the CPhA on your hand held personal organizer (palm pilot a.k.a. PPL miracle reference device).

For all of you old-fashioned folk who prefer pen and paper, or the good ol' filing system... it seems inevitable that hand held electronic devices and electronic communication will soon be creeping into pharmacy practice, if not already there. As for me... I'm a simple gal, who enjoyed the show, "I Dream of Genie". Forget all that talk of integrating technology and the futuristic age... no...I'm still waiting on my Genie with bountiful wishes so that I can achieve perfect pharmacy practice with a nod and the blink of an eye.



Photo: [www.atlanticblog.com/archives/2005\\_07.html](http://www.atlanticblog.com/archives/2005_07.html)

The heavier your car, the more your engine has to work to heave it into motion. How hard the engine works is directly related to how much fuel it burns. I'm sure you can see where I am going with this. So loose any unnecessary weight, like all those bodies, and pharmacy text books you're lugging in the trunk.

**Tip #5 – The green light at an intersection is not the same as the green light at a drag strip.** Don't drive with a heavy foot. Increase speed gradually, anticipate when you need to start braking and do so smoothly. The less often you mash the accelerator the better your fuel economy will be.

**Tip #6 – Check the internet for the lowest gas prices.** The website I use pretty often is <http://www.torontogasprices.com>.

I hope you found these tips helpful. For more information, you can visit the Natural Resources Canada website.

# Think Twice...

By Anonymous

PHARMACY SCHOOL has thus launched me on my new life like a skyrocket that's pulled through the slow and difficult process of defying gravity - speeding up with such admirable force and headstrong determination, I could hardly breathe. I am sure, for most of us, it has been quite a journey to travel from knowing none to knowing 'all' and having worked HARD enough to deserve that piece of congratulatory paper with the "Leslie Dan Faculty of Pharmacy" logo so proudly watermarked on it. Not to mention the pride we feel every time we put on our white, custom-made lab coats with pre-ordered name tags hanging off it; or that smirk we have on our face every time we fling across our shoulders those Apotex backpacks - signatures of our honour and success. (You might be laughing in denial but you know it's true.) Needless to say, we all feel and share that sense of ineradicable pride and self-approval.

But since the first time I set foot in the faculty, I could not help but feel the strongest sense of nervous apprehension coming over me. Everyday, our professors would keep reminding us of our affiliation with the pharmacy profession and that 'proper' behaviour has already been checked off on the list of the job description. In every lecture we attend, they would keep denoting us - nodding and pointing with the utmost professional confidence - of what we have become and where we need to be in the next four years when we graduate. In every textbook we read, they would not get tired of telling us, - in one form or another - how steep and winding this chosen 'road' is, and will be for the rest of our lives. In every hallway and room we went, jargon and abbreviations would bombard and dazzle the speechless OT9s. I don't know about you guys, but it was only after the first two weeks before I realized our life and our work have yet to begin.

Do you understand what we have gotten ourselves into when we checked off "I ACCEPT" on the confirmation form in July? Can you imagine how changed our lives will be after these some 200 weeks of pharmacy school end? Could you now picture yourself becoming one of our teachers and standing next to them, looking as confident and acting as competent? Before long, we will be able to talk with patients knowledgeably in our tone of voice but not arrogantly. We will interact with them gently in our ways but not slowly. We will be systematic in our manners but not robotic and we will be powerful in our career but not threatening. Soon, we will be expected to know every drug-drug interaction and learn every adverse drug effect by heart. We will be looked on not as some 24-year-old university graduates, but as respectable healthcare practitioners with an incredible amount

looking for a special present for a special pharmacy buddy? this "little pharmacist" doll is just so adorable. these dolls were produced in the 1940s by a german artist named hummel, who also made other "professional dolls" like "little nurse" and "little botanist" and "little professor". cost? the little pharmacist doll sells for 245 us dollars at [www.hummelforless.com](http://www.hummelforless.com).



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of power and an unbelievable sense of responsibility. We will be expected to stop every potential toxic effect in every prescribed medication and we will be called upon by physicians for advice on medication usage. Everyday we will face many dilemmas and will have to make many difficult decisions that will not come too easily to us. We will be blessed by patients who regain their blissful health and be cursed by those that have un-granted wishes. Can you not see? We could be coming home with the brightest of smiles on our faces or we could be driving back with tears rolling down our cheeks. Can you not see? Our everyday life will be forever changed by our career and our emotions transformed by our most immediate patients. Can you not see how powerful and rewarding a career this will be and how much our public expects of us in such a short time?!!! Can you now not share my nervous apprehension?

Therefore, I urge you all to take school differently than when we all did in our first couple years of university. I urge you to always take your 'future patients' into consideration when you make decisions, whether it be: skipping a class, deciding 'what' is worth remembering on our list of medical terms, or taking the time to learn the complex theory behind our easy arithmetic in statistics. What we do now will determine not only the direction of our lives but also those of our patients. So, I have only two words.

Think twice.

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## A Night of Wheeling and Dealing

by Shaun Lee, OT9

It began with everyone waiting in the cold before loading the two buses. Carrying nothing but our student budgets and our parent's money, we jumped on the bus anticipating a great night ahead.

For those who missed out on Casino night, you missed out on what Mike would call, "a memorable night." We rummaged, slept and joked around on the bus for 2 hours, leaving at 7pm. Night fell and we were all pretty restless. As we approached the casino, we realized we'd be stuck here for 5 hours. We could have walked off to check out the other touristy sights... but this wasn't Niagara. No waterfalls for us... just slots, buffets and good times to keep us company. And we were cool with that.

After waiting in line for who knows how long to get our Player's Club Card, we made a dash for the buffet only to be greeted with, you guessed it... another line. There were two buffets for your choosing. At the non-chinese buffet, food was pretty good. Aside from the fish that was probably made by Chef Boyardee himself and a fruit salad that tasted like it came from a nuclear power plant, food was pretty good. They had it all. Beef, ribs, chicken, veal, salads... it was all there and was more than welcomed by our then, starving student stomachs.

Once we broke our belts gorging on food, we moved on to break the bank on the casino floor.

Some of us went to the slots and made a good \$5-7. Others spent hours just trying to redeem that \$20 we lost to what probably was a "rigged" machine (or so we like to say to ourselves). People screamed in frustration and laughed in excitement. There was plenty of cheering and good amount of cursing. Be it penny slots or electronic poker, those machines sure had an entertaining effect (even if you just watched others play).

Then there was the blackjack table. This was where the action was at. All it took was one guy who was willing to risk it big to make it big. Most of us surrounded the table, pooled our money and cheered as the dealer busted. Appalled by the \$25 minimum, some of us decided to watch. But some of us just couldn't resist. This was where most of the money was lost and won. For those who missed out, Vishal was the highlight of the night, being at one point of time, \$350 up from his initial investment. He left \$200 richer by the end of the night.

Around 1am, most of us were feeling good but drained. Our stomachs were full and our feet were tired from just standing. No more poker, blackjack or guessing what number would be rolled... it was time to get some shut eye. 1:45am hit and we jumped on to the bus with smiles (or frustrated faces for those who lost a bit).

But the night didn't end there. At some random spot in the middle of an abyss, we pulled off to the side realizing one of the buses had stalled. Thinking hitchhiking probably wasn't the best option at that time of night, we proved to ourselves just how tight the Pharmacy faculty really was. Cramming around two buses worth of people onto one bus, we moved on. Having three to a seat, people in the aisle and a lack of air conditioning, we enjoyed Ben Stiller's "Meet the Fockers" and a crummy British comedy while hoping no one would have to use the washroom in the meantime. Eventually, we were back at the faculty building at 4am.

During the night, our social rep asked us the simple question, "Did you all have a memorable night?" I think we would all agree that it was well worth the trip. Who could forget such a night? A night of great food and long line-ups, flashy slot machines and flashy players, big wins and big losses, and of course, good friends and broken buses. It was a memorable trip that I would highly recommend next time for those who missed out.

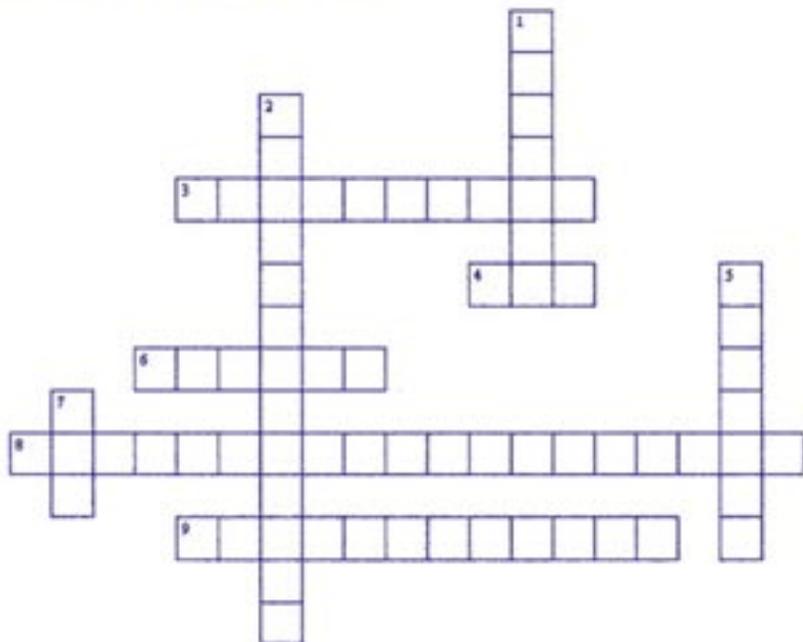
# shoutouts!

Dear Topless Douglas,  Thanks for the de-shirting show you put on at Shallow Groove!  Hugs and kisses, Girls of pharmacy  Tony Vella, Vernon, Philippe, Mike Sung, and Justin Lee:  For showing lots of heart by organizing the Hurricane Katrina Charity Poker Tournament.  from: Gus Hansen, 3 time WPT champ  HAPPY BIRTHDAY KIM!!!  luv Char, Ann, Emily, Amy, Lis and Ellen	The beermilers  The milkman took your a\$\$ to the dairy, bee-atch!  The Milkman  Amanda and Danielle,  lets go back, i'm tired already!  Sharan  Sheeetal and Dania,  Congratulations, you are still in the running to become America's Next Top Model.  Sharan  Kween Reen  CONGRATULATIONS!!	Come show us your bling. We miss you!  Chicky Masala & the Shanghai Boyz  For all students:  Check out the Pharmasave Crossword! Have fun!  Pharmasave  Leah,  Thanks for the excellent job organizing all the residency stuff!!!  Joanie =)  Happy Birthday to Trish, Sharon, Amy... and all the October babies in OT6!  To 4th year Therapeutics	group D3,  Only a few more weeks of case work ups together... =( It's been great being with you guys through the signs and symptoms, DRP's and pharmacotherapeutic outcomes!!! VISIBLE MINORITIES!!!  ~from the sick one in the group =)  *thimble*... happy anniversary =)  Doug.... OINK. I can't believe you won me by a straight flush. Damn.  Les... meowz... guess who?	Pei  Thanks for the wonderful feast and fondue (that just "happened" to fall on Thanksgiving Day ;)! We all appreciate your cooking and will always remember the good times we had! Human pyramid!!!  All of us  Happy Birthday Usman,  from the N group!
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**WRITE A SHOUTOUT**  
Every month the shoutout page will be featuring your congratulations, well wishes, happy birthdays, and sappy smoochy love notes. It's first come first serve, so make sure you get your space. Send your shoutouts to [themonograph@gmail.com](mailto:themonograph@gmail.com)

## Pharmasave Puzzle

You won't be puzzled after completing this crossword! Pharmasave is an innovative place to be where there are many possibilities to explore. Since stores are independently owned, there is plenty of room to integrate innovative practice in your patient care. When you join the Pharmasave team, you'll have access to resources that can help you run a business and reach out to the community. Want to know more? Visit [www.pharmasave.com](http://www.pharmasave.com) and you'll find more than just the answers to the crossword below.



### ACROSS

- 3 The Pharmasave \_\_\_\_ Manager program helps you organize all your vitamins and prescriptions
- 4 Pharmacists would request for this to provide a cognitive service
- 6 A professional service offered by pharmacists to discuss individual risks and disease prevention
- 8 An innovative program offered by Pharmasave to help prevent heart disease and stroke
- 9 Pharmasave Live Well Clinic topic. Hint: bone

### DOWN

- 1 Levels measured in a diabetic patient
- 2 Pharmasave is a chain of \_\_\_\_ owned stores
- 5 A talk about a disease or health topic
- 7 The Pharmasave mascot. Hint: buzzing

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