

The

# Monograph

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**World Aids Day**

**A Dose of Exam Empathy**

**The Charitable Pharmacist**

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## UPS Council - Updates

There we are – half the year has disappeared and exams are almost upon us. It has been a great fall at the faculty. Looking back, many of the events from this semester have been the most vibrant and exciting we can recall from our time here. A recap of recent happenings:

Thank you and congratulations to all the students that took the initiative to take part and donate to the events of charity week 2005. From the final tallies, we have raised over \$3100 to be distributed to the class charities. I'm sure all had a great time while donating for great causes.

The OT6s just barely edged out the OT7s for the Doc Kennedy Charity thanks to a deep pocket bid for the Dean in the prof auction and the OT9s had a solid showing, teaching those quiet OT8s how charity dollars are raised. I'm sure that those that did not get a chance to attend are kicking themselves and freeing up their schedules for 2006...

Dodgeball also appears to be a new favourite of the faculty. Players of all sizes, skill levels and 'intensity' came out on the 26<sup>th</sup> of November to relieve some pre-exam stresses and 'bleed their own blood' as they say. Congratulations to Sean Chai Chong and the OT6s for laying the groundwork for what promises to be an annual event.

In terms of more new events, the first ever Pharmacy Bollywood Indian Movie Night organized by Saeed Ali OT8 is fast approaching. He has invited each and every one of you to come out, kick back and watch a current Indian movie (subtitled of course - and if not, he's willing to translate I hear...) Depending on interest, perhaps this may be the seed of a new culture-week film-fest?

On a final note, with this issue we also bid farewell to our friends in OT6. The Undergraduate Pharmacy Society wishes you all the best of success as you venture out into your SPEP rotations next month.

For many of you OT6s this shall be your last print issue of the Monograph – reading in PMH120 back in the day may have worked, but that preceptor of yours may be a bit more demanding... but just in case the work day is a little slow, we would like to remind you that back issues of the monograph are available on the UPS website, [www.utups.ca](http://www.utups.ca).

Cheers, best wishes and hope you all have a relaxing break – now back to our academic recluse for finals...

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The articles in the Monograph are not reflective of University of Toronto, Leslie Dan Faculty of Pharmacy nor the Undergraduate Pharmacy Society. They are strictly opinions of the authors. If you find any articles that are inappropriate or offensive, please inform us and we will try to resolve the issue.

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COVER: OT6s singing their grad song at the Phollies

# FROM THE EDITORS

Ahh, it's that time of year again, folks. No, we're not talking about extended mall hours for Christmas shopping or getting gifts for your secret santa. We're talking about exams!! Most of you are probably trying to buddy up with that person who takes good notes in class or you're forming study groups with your friends, or maybe some of us still haven't started studying yet. You guys better get a move on, because there's less than 2 weeks left before the end of the school term!!

Speaking of the end, the OT6s are almost done school and soon will be off to their SPEP rotations. With the OT6s gone, maybe this will give OTHER classes a chance to win the annual tug-of-war! Just kidding, you know we'll miss you! We all wish you the best of luck in SPEP and in your future career.

For the rest of us, once the holidays are over, we'll be back at the faculty to start the new school term. PDW will be just around the corner and we'll all be wishing for snow days in order to avoid the terrible commute.

Lastly, we'd like to congratulate Bruce Li in OT7 who won best submission for the October issue. He wins a pair of Famous Player movie passes.

Allright, we'll stop our rambling now and just wish everybody a safe and happy holiday! See you in 2006!!



Lucy Chen  
Editor



Emily Lam  
Editor

# athletics

## Co-ed Athletics

by Vijay P.A. Rasaiah

UPS Co-Ed Athletics Director

It was another exciting month for Pharmacy Co-Ed Sports!

Although our intramural sports teams did not end their season on the highest note, everyone had fun and those that showed up put their best foot forward! Let's see if we can keep things going for the New Year and hopefully see some new faces! Remember, you can earn valuable UPS points for ALL events and get to know students from different years!

### Pharmacy continues domination of Broomball!

After convincing victories in the round robin games, Pharmacy swept (hehe...ya I know) away their competition in the playoffs and finals by dominating the Faculty of Engineering Skule Sliders with a late game winning goal! Other tournaments will be coming in the New Year so keep your ear to the ground!

### Annual Curling Bonspiel

The turnout was less than stellar but those who showed up for the Annual Curling Bonspiel made it a success with their enthusiasm. Allan Braido (OT6) gave everyone an awesome curling tutorial and showed a few of us how to perform the double take-out! Frankly, Al, you can skip my team any day!!!

## Female Athletics

by Amy Tam, UPS Female Athletics Director

The fall term's intramural sports have come to an end as many of the sports wrapped up this past week or so. A huge congratulations to all the ladies who found the time to come out to the sports. The intramural program wouldn't be able to run without these dedicated people who come out to games weekly. If you missed out this term, don't worry... you will have the chance to play in more sports next term! Keep your eyes on the athletic board next term where sign up sheets for the various

sports will be posted!

The women's soccer team had their final against PT/OT, where they went overtime due to a 2-2 tie. Unfortunately they were defeated during overtime. But it was a great game and everyone played their hardest. We'll get them in indoor soccer! The women's flag football team played their semi final game a few weeks ago, but unfortunately was not able to move on to the finals. And women's basketball was just one

## Male Athletics

by David Zhao, UPS Male Athletics Director

Hey all you sports lovers, it's that time of year again where the men's hockey team gets ready to make their playoff run for the 3rd time in a row. It's going to be a hard fought battle this time with both Commerce and Engineering looking to take the championship from Pharmacy. The drama is building. Will Engineering cheat again by playing illegible players? Will Andrew Tolmie get into a fight with the whole Commerce team? Will the OT6s raise the Cup one more time before SPEP? Come to the games to find out and cheer on the boys in red.

The winter/spring intramural season will start next term. Some of the sports you can look forward to playing include hockey, basketball, volleyball, indoor soccer (we don't play in -20C on frozen ground), lacrosse and the Super Abso-FRIGGIN-lutely Awesome Outrageous UPS Interclass Dodgeball Tourney. Have a good holiday and see you next year.



PHARMACY  
*Athletics*

win short of making the playoffs, but there's next season ladies! We do have good news that the women's volleyball team defeated dentistry in the semi finals and will be playing in the finals! Good luck girls!! This wraps up this season, so enjoy your holiday dinners, but get ready for more intramural fun in the winter term! Thanks again to all the team captains: Megan Baker (OT6) Steph Barnhill (OT7), Dania Edgar (OT6), and Lauren Mirabelli (OT8)! ☺

# RESTAURANT 101

By: Alexander Vuong OT9

**DISCLAIMER:** This article contains crude jokes which may be offensive to some readers. Please stop reading if this may pertain to you. The opinions expressed in this article are not representative of the student body of the faculty. The author states, "I had no intent on offending anybody; this article was written with a humorous approach and does not necessarily contain my point of view".

It seems that there are several OT9 students with previous experience working in a pharmacy. These keeners get the opportunity to sample a bit of the workplace where they will potentially work at for the rest of their lives. If I'm going to be a pharmacist for the rest of my life, I want to put off working in a pharmacy for as long as possible. For the past 3 years I have had the privilege of whoring myself (I mean serving/bartending) in various restaurants, from the family oriented Montana's Cookhouse Saloon to the swanky Cactus Club Cafe: Global Dining Lounge to my current serving position at East Side Mario's on Front and Simcoe (Come visit me on a Saturday night or Sunday afternoon). Your co-worker at a typical pharmacy is generally much older than you and has all types of stories to share: adventures about their kids, the power sale at the grocery store, the unkempt hair on Ms. Molly Joe. My co-workers in the restaurant business possess an eclectic mix of personalities and also have unique stories to tell: the orgy they just participated in, the drug they just popped, or the credit card scam they just pulled. In every restaurant there always seems to be a similar staff structure and dynamic. My article exposes you to the types of people you would typically encounter working in a restaurant.

## The Fat/Ugly Kitchen Chick

Females generally work in the front of house operations of a restaurant, but managers of restaurants always employ a few women in the kitchen. The manager does not usually think that a fat/ugly waitress will attract customers based on looks, so they place the fat/ugly chicks in areas where they don't need to move a lot (due to their size) such as dish washing or at the prep section where they will not be seen by the general public. The Fat/Ugly Kitchen Chick usually doesn't get along with the Hot Waitress (see below) and will always make a catty remark about how superficial and fake she is. She always makes work a joy with her pessimistic attitude and self deprecating humor.

## The Hot Waitress

The Hot Waitress thinks that she is the queen of the restaurant. She likes to brag how she gets 30-40% tips from the men she has been serving. Beware: this girl definitely knows how to use her sex appeal to work her tip. Some of her techniques include the shoulder tap, slapping your knee when you make a joke that is not even remotely funny, or "accidentally" rubbing your hand as she grabs your menu. She will drop her pen and bend her ass in your face if the gentlemen at the table look particularly vulnerable. The shift always goes a lot faster with the Hot Waitress making inappropriate (but often hilarious) butch jokes at the Fat/Ugly Kitchen Chick.

## The Hostess Sluts

The Hostess Sluts are generally high school aged girls who enjoy dressing as skimpy as possible. The Hostess Sluts are server groupies, with their ultimate dream of becoming a server. Their low sense of self esteem drives them to flirt with everyone who might be able to help them get a promotion. Most of the Hostess Sluts never finish high school and while some will develop into the Hot Waitress, many will simply eat away their sorrows of not becoming a Hot Waitress and become the Fat/Ugly Kitchen Chick. The Man Skank Manager (see below) loves how tight the high

school aged hostess sluts can manage the flow of the restaurant (amongst their other tight features). However, the STI the Hostess Slut picks up from the Man Skank Manager eventually turns her into a feminist man hater and she eventually becomes a lesbian.

## The Man Skank Manager

The sexual predator in the restaurant is known as the Man Skank Manager. The Man Skank Manager is the GQ, blond haired, blue eyed manager that all the women in the restaurant particularly admire (especially the Hostess Sluts). The Man Skank Manager has almost no standards in terms of the women he will sleep with. However, sleeping with the Fat/Ugly Kitchen Chicks does cross his line. These ladies are only allowed to blow him when he is piss drunk and when he suffers from a limp dick-unfit for decent penetration. When he's especially frisky, the Man Skank Manager strangely likes to slap the butts of all his male servers. Hmmm, he does claim he will do any hole. ANY hole... His personal slogan is: "I like to rock out with my cock out".

## The Lifers

In every restaurant there are always six servers who call each other The Lifers. These servers have generally worked at the restaurant for a solid five to six years with no end in sight with their lives revolving around the restaurant. They come to each shift one hour early hoping to meet up with a co-worker for a pre shift meal. At the end of the shift they sit at the wood, hoping the Hostess Sluts or the Man Skank Manager will join them for a drink. The Lifers have all had sex with each other and/or have lived with each other at one point. In every group of lifers, there's always a neurotic Chandler, aloof Joey, maniacal Monica, slut Rachel, dumbass Phoebe and goofy Ross. In time, The Lifers will realize that their prime years were spent working at a dead end job and will have nothing to show for it but the STD's they have contracted from each other, DUI's on their records and the used condom, jizz rag, or douche bag from their favorite Hostess Slut or Man Skank Manager.

## The Token Asian Server

In all the restaurants I have worked at I have always been the Token Asian Server. Come on fellow Asians, put down those violins and pianos you've been using to tutor your students and use those Kumon skills to calculate how much tip you should be receiving from all the gwai lo's you will be serving (because we all know Asians are generally too cheap to eat at restaurants or only eat in Asian restaurants where they can tip a toonie on a sixty dollar bill). The Token Asian Server is usually the only person in the entire restaurant to be enrolled in a university. His motto is to work hard but play even harder. When the servers hit the clubs after a long day of dealing with whiny guests, the Token Asian Server is usually the first one to get drunk, the first one on the dance floor, and the first one to get escorted out of the club by security for being a drunken mess.

So there you have it- a fascinating look at some of the people who are involved in your consumption of that thirty dollar Angus Steak with Ultimate Mushroom Demiglace from Cactus Club Cafe or that fourteen dollar Linguine Chicken Amatriciana from East Side Mario's (which you should always tip at least 15% on for decent service and 20-20% for excellent service). The drama and tension between coworkers in a restaurant would make for a steamy and exciting telenovela, but I'm glad that by 2009 I can practice as a licensed pharmacist. Don't want to end up being in the group of Lifers!

---Wait there's more! I have also slaved myself through several retail jobs during my teenage and pre-pharmacy university education. Stay tuned for my next article entitled RETAIL 101, where I will share insights from my most interesting retail jobs: Club Monaco, Banana Republic and Mexx.



## WORLD AIDS DAY Dec. 1<sup>st</sup>, 2005

By: Cherie Wong, OT7

Whether you are an OT6 who is ready to enter the real world and tackle tons and tons of potential and/or actual DRPs of any patient who is HIV positive; an OT7 who is frantically trying to squeeze in information on the pathogenesis, pharmacotherapy of HIV/AIDS with the never-ending interactions between protease inhibitors in preparation of the upcoming therapeutics midterm; an OT8 who had just gotten over how the many HIV drugs that Dr. Kotra mentioned in medchem sounded exactly the same; or an OT9 who is about to learn something about antiretrovirals in microbiology, HIV/AIDS matter to our academic study and professional career. However, outside of school and work, HIV/AIDS ought to matter to us although we are fortunate enough to reside in societies where infected individuals receive their rightfully-deserved respect and life-sustaining medications. Unfortunately, the same cannot be said about the rest of patients battling this disease. Roughly 90% of all infected persons worldwide reside in developing regions in the world, where poverty and discrimination often take the place of support and acceptance.

<http://www.pharmj.com/Editorial/2004/1127/pictures/p776redribbon.jpg>

December 1<sup>st</sup>, 2005 marks the 18<sup>th</sup> World AIDS Day, which is about getting involved so that individuals can make a difference in the global fight against HIV and AIDS. This year, the theme is stop AIDS Keep the Promise, which appeals to governments who committed to the UNGASS Declaration of Commitment in June 2001. These 189 members agreed to achieve the following by the end of 2005: reduce HIV prevalence by 25% among men and women aged 15-24 in the most affected countries, ensure that 90% of young people have access to the information, education and services necessary to develop life skills required to reduce their vulnerability to HIV infection, increase access to services which prevent mother-to-child transmission, and increase annual spending on HIV and AIDS to \$7-10 billion in low and middle-income countries and those countries at risk of rapid expansion of HIV epidemics. Also, the 3 by 5 initiative was launched by WHO and UNAIDS in December 2003 and was supported by many governments. By the end of 2005, this initiative aims to provide access to antiretroviral treatment for the 3 million people living with HIV in developing and transitional countries. Wearing the red ribbon, among many different initiatives, is one of the ways that we can raise awareness of HIV/AIDS.

Students around the world have been raising awareness and making differences to lives of people living with HIV/AIDS. A few of the initiatives taken by students across the world which are published on the UNESCO (United Nations Educational, Scientific and Cultural Organization) are described below, please email me at [apothecherie@gmail.com](mailto:apothecherie@gmail.com) if you are interested in finding out more, and I will forward you the link and any other pertinent information.

In Indonesia, a recent medical graduate, Fransisau Arifin, organized an AIDS education program at the Medical Faculty of Diponegoro University titled "*Support Community Attitude Towards People Living With HIV/AIDS*". Realizing that many discriminative attitudes that the general public has towards people living with AIDS originates from fear, Fransisau devised this program to educate people about the disease and its transmission such that fear can be eliminated, and acceptance can take the place of discrimination.

Young people from the Lebanese Medical Students International Committee (LeMSIC) have launched a peer education program to reach out to young people in Lebanon. These students originally started educating youths in secular schools regarding HIV/AIDS and safe sexual behaviors. Recently, they have gained the trust of religious authorities and have begun giving session in traditional Islamic Schools and Christian Schools. Being respectful of the schools, always consulting the religious authorities instead of bypassing them allowed the medical students to share useful information and help young people, regardless of their differences in religions, to make well-informed decisions.

Just like World Diabetes Day, pharmacy students worldwide who are affiliated with IPSPF (International Pharmaceutical Students Federation) view World AIDS Day as a day to learn about, and raise awareness of the disease and its impact on both the individuals affected, and the global

## Friends

by Jose Carvalho, OT7

... Not that I'm pretending to have a whole bunch of them, but I definitely have more than my fair share of problems with them. I think it's mostly the constant nagging/complaining that bothers me: "You're always late!", "Why'd you block me from msn?", "Stop acting like such a jerk!", ... "Leave my sister alone!"

I have come to the conclusion that life would be truly glorious if friends were just a little bit more like cars and a little less like ... ummm ... humans? If you're confused right now, just keep on reading ... I really hope this is going somewhere.

I mean, if our friends ever become "broken" aka "annoying" we would just be able to take them into the shop and get them fixed. "What can I do for you Mr. Carvalho?" And I'd just be able to reply, "My friend is acting up again. I'm going to need you to replace his sense of humour. I also need you to take out his laziness and give him a shot of spontaneity" ... "Will that be all Mr. Carvalho?" ... "I don't know? ... Do you have anything that will stop him from acting like such a whiny

little b\*t\*h?"....

Ah, but this is only the beginning! If our friends ever become so difficult that we can no longer afford to keep them, we could just simply "trade" them in and come out with some brand-spanking new ones! I mean, most of our friends develop the usual "wear and tear" after prolonged periods of use and there might come a point where they just don't work the way they used to.... Simply trade them in and get some new ones! We would even be able to just go out and look for some new friends when our supply is running low or even if we're bored with our current friends... "Can I help you, sir?" ... "Perhaps .. I'm looking for a friend, maybe around 6 feet tall, 180 pounds. One who likes to go out on Friday nights and doesn't complain too much." ... "I'm sorry sir, we're all sold out of the 180 pound models. Can I show you something in the 240-250 pound range?" ...The possibilities really are endless!

I wish I could go out and get some new "friends" today ... after people read this, I may not have too many left ...

In the previous issue of the monograph, you saw the Dean's and Professor Austin's views on topics ranging from course evaluations to the facilities in the new building. Here is the remainder of the interview.

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

### **Faculty's prerequisite requirements reconsideration.**

*Many of you feel that you have not learned pharmacy relevant material in the first 2 years with the exception of few courses. As a result, those with exemptions have had a great deal of spare time during the first 2 years. You might be wondering if the faculty is considering altering the prerequisite requirements so that all Arts and Science courses can be finished before starting pharmacy.*

**Zubin Austin (ZA):** In short, NO. As the program stands now (1+ 4 years), students are expected to take a high course load in their undergraduate year to be eligible for the Pharmacy program. Asking them to take more courses to satisfy the additional prerequisite requirement prior to admission to Pharmacy will change the program to (2+4). It would almost be impossible for students to take additional courses as prerequisites if they wish to enter right after one year of undergraduate studies. Changing from 1 to 2 years of prerequisite courses requires approval from the government. Also, first year pharmacy students now have to take Microbiology. Those without exemptions in first year have an increased course load than their predecessors. It would be unfair to include more courses in first year to accommodate those who have many exemptions. *[As you may already be aware]* Students are assigned Arts and Sciences courses so that everyone can have the same knowledge base for pharmacy. *[So what is the good news...count yourself lucky if you have a few spares in first year]*

### **Journal club incorporation in the Pharmacy program**

*If you've never heard of a journal club, here is a brief description. Students, along with a pharmacist mentor, are guided through evaluating journal articles critically. This is an important skill to have because it affects the therapy you recommend for patients.*

**ZA:** Journal clubs are included in the Pharm D. program. It will be very difficult to incorporate this activity into undergraduate classes because of the logistics *[our class sizes are too big for this to be feasible]* and scheduling perspectives. However if enough students feel strongly about this, there may be a way of including it in the curriculum. Again, contact your curriculum committee reps and let them know.

### **Problem Based Learning (PBL) format for courses. Are there plans to incorporate this format for more courses?**

*[PBL, according to the Wikipedia, is "an instructional method that challenges students to "learn to learn," working cooperatively in groups to seek solutions to real world problems". Intuitively, it seems to be a better way of learning than other forms. Well is it? Currently we only have a handful of courses that incorporate this learning...i.e. PHM220, PHM320, PHM321, PHM322. In comparison, Dalhousie University in Halifax has a completely PBL curriculum. What does this mean for us?]*

*While Dean Hindmarsh agrees that it can be a valuable teaching method, Professor Austin is more ambivalent about it.*

**Dean Hindmarsh (DH):** It is an excellent teaching method. One of the main problems is the cost. If the faculty were to fully adopt the PBL method, students can expect their tuition to triple. Another disadvantage is that students find it difficult to adapt to real life settings. When they are in university they get used to working with their peers for each problem but when they enter practice, they are unable to adapt to situations where they are solely responsible.

**ZA:** Not all students benefit from this method. While some may flourish, others would find it too messy and overly complicated. Its lack of structure makes it difficult for some to truly understand the fundamentals of a concept. In our curriculum, we have different teaching styles to ensure that all students can do well. The didactic lectures of PHM120, the labs from PHM224 and the panels of PHM 220 are designed to give students as much opportunity as possible to multiple styles so that everyone can learn well. Over time, more courses will evolve into a PBL format but the faculty is not going to convert completely to a PBL format *[at least, not for now]*.

### **Overlap and continuity of knowledge/skills between the years in the program.**

*You may have noticed that as you go from year to year, some of the course material in previous years does not relate to the material you are learning currently. For example material in Physical Chemistry and Statistics don't seem applicable as you progress through your four years. Here's what the Dean had to say about it.*

**DH:** Courses do not always seem to have continuity between the years. Statistics (PHM122) is one of those courses. Material you learn in it does not actually appear again until fourth year. However, you do need that background for some second year courses like Kinetics (one of the components covered in PHM224) and Pharmacology (PCL 361). You may not necessarily use the exact statistics equations but at least you will have some understanding when someone mentions the p-value in relation to a drug's effectiveness. The main issue relates to the placement of the courses in the curriculum rather than their relevance...*[Looks like we will have to deal with z-scores and enthalpy for a long time to come]*

### **Curriculum modifications of current Pharmacy program.**

**ZA:** The faculty is working on major changes for the curriculum. It just takes some time to actually implement them. As you may know, Introduction to Qualitative Analysis (CHM254) has been removed from the program. *[0T9s, consider yourselves lucky...those who have taken will agree that it was a very confusing course that seemed irrelevant to pharmacy practice]*. The curriculum committee (chaired by Zubin Austin) agreed with the students and removed the course. This allowed for the inclusion of Microbiology in first year. The benefits of this are twofold (1) Students with exemptions will benefit from taking Microbiology a year earlier and (2) This would allow for another course to be moved into second year and perhaps reduce the work load in third year. Is

moving Microbiology into first year a good idea? Only time will tell. Based on the outcome of this modification, other changes can be implemented. Another course that has been changed is Introduction to Applied Pharmaceutical Sciences (PHM 150). **0T6s** did not have that course, **0T7s** could choose it as an elective and based on their positive feedback, it has now become a required course for **0T8s** and **0T9s**. The curriculum committee is seriously considering the student's concerns and working hard to change the curriculum.

The curriculum committee is also developing a new course that could replace CHM 254. This course would still teach the important principles covered that CHM 254 (which will be used in third year in Drug Analysis PHM 327) but make it more relevant to pharmacy. They are also considering moving PHM 220 to first year, however there is hesitation in adding it to first year because now students will have 9 courses per year when normally Arts and Science students only have 5. It depends on how first year students do with the addition of Microbiology to their curriculum.

*[Some second year students have found the radiopharmaceutics component of PHM224 difficult to follow and relate to. Here's what Professor Austin has to say about it]*

**ZA:** "I have not heard about this before. If students are particularly worried about it, I would strongly advice contacting the student representatives on the curriculum committee and letting them know" *[0T8s 0T7s and 0T6s, if you feel that radiopharmaceutics could be improved, you know what to do]*

### Entry level Pharm D program

*[Wonder if U of T will have an entry level Pharm D, considering that our*

*southern neighbors all have it?]*

**DH:** The faculty is considering this option but for now, there will not be an entry level Pharm D. Yes, there is a need for it because students can get an entire year of experiential learning compared to the 16 weeks we get now. However, it would be difficult to justify it to the government because (1) the faculty will have to raise tuition and (2) increase the number of years in the program. The goal of the undergraduate pharmacy program is to provide students with mobility (i.e: allow them to practice in different areas, not just in 1 province) and the program as it stands now is producing thoroughly competent pharmacists. The faculty is in serious talks with all the other Pharmacy faculties and considering if everyone could switch to the entry level Pharm D program. If the faculty were to implement it, there would be an option for former graduates of the undergraduate program to update their degrees.

### Demand for pharmacists...Is there a decline?

*You may have felt the demand for pharmacists is no longer as high as it used to be. According to the Dean, nothing could be further from the truth*

**DH:** NO, in fact there is an even greater need now than before because people are beginning to recognize the valuable contributions made by the pharmacists. In Toronto, however, the demand has gone down. Whereas students used to have 10 job offers here, it has now decreased to about 2-3. There is still a greater need for pharmacists in rural areas.

*Is the faculty consider admitting more students from rural area...along the lines of capitation?*

**DH:** Although we would like more students from rural area, I think that we have represented ourselves well. Over the past 3 years, number of applicants has been steadily going up. It was 700 in 2002, 1000 in 2003, 1200 in 2004 and finally 1654 in 2005. This seems to indicate that more students (including those from rural areas) are interested in coming. Regarding capitation (*where only certain number of students from each area is accepted*), NO we are not looking at this. The faculty used to do it but not anymore. We want to provide equal opportunity for everyone so that they can enter faculty based on their own merit, not based on where they live.

### General overview of Pharmacy program to be offered at the University of Waterloo. # of students enrolled? Ability to take courses at both universities

*Unfortunately, the Dean was unable to comment in any detail about the pharmacy program at Waterloo. However he was able to say the following*

**DH:** We don't have much to do with the School of Pharmacy at Waterloo. Initially it was to be a satellite for Toronto but they are now a faculty of their own. Their curriculum will be based on the one that we have in Toronto. There will be some liaison between our faculties. They plan on admitting 120 students. Further questions should be directed to Dr. Thiessen, former associate dean at Toronto. *[If you're interested in their program, check out their website, <http://www.science.uwaterloo.ca/schools/pharmacy/index.html>]*

### Involvement of the government in the faculty

**DH:** Currently there are discussions with the Ontario government regarding reimbursement for cognitive services. They are trying to determine how Third Party Payers will be involved in this reimbursement.

### Tuition...will we see a change?

*As you may know, Premier Dalton McGuinty is planning on lifting the tuition fee freeze. Here are the Dean's comments on how this affects Pharmacy*

**DH:** Since we are a professional faculty, our fees are deregulated. I don't think that the Faculty's fees will increase. Even if it does, the increase will not be more than 5%. The faculty would have to justify a larger increase. I personally don't think that tuitions should be under the government's control. Universities are competent enough to set up their own fees for students *[I only wish Canadian universities can be similar to the ones in Ireland...Why?]*



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**Opportunities for further learning, electives. Could we have a management/business practice workshop/tutorial that gives students an opportunity to simulate practice in real life setting? Are there plans to increase the number of Pharmacy experience hours (including industry experience).**

**ZA:** (Regarding the management workshop). It is an excellent idea that could become an elective for fourth year. It could build on Professor Wilson's Pharmacy Practice Management (PHM 326). If enough students are interested, the curriculum committee will look into that. *[if you're interested in doing electives earlier in the curriculum, this is what Zubin Austin has to say]* Because of the current structure of the curriculum, it would not be possible to include electives in earlier years. However, the curriculum committee is considering adding electives in third year so that students can have more exposure to the different aspects of pharmacy.

(Regarding the patient-care hours) **YES** there will be an increase in these experiences. For now students attend community and hospitals site visits. There are plans to include a third year experiential learning and the issue now is one of logistics and scheduling *[OT8s can look forward to this in their next year]*

**DH:** It is an interesting idea to incorporate more experiential learning in the industry setting. *[Last summer, students at Memorial University in Newfoundland got an opportunity to visit several pharmaceutical companies and learn about the role of the pharmacist in these settings.]* This topic will be raised at the faculty meetings and perhaps the faculty could coordinate with **CAPSI** in setting up. It would be beneficial to students if there could be a field trip during May-June where they could visit Merck Frosst, GlaxoSmithKline or Pfizer. The details regarding funding and logistics will have to be sorted out.

**Cross border & Internet Pharmacy...is it going to become a large problem for us?**

**DH:** Internet Pharmacy is a problem. It is the U.S. government's responsibility to take care of their citizens. It is unfortunate that their citizens are not getting the needed care and feel forced to get their drugs from Canada and from other countries. They are putting themselves at risk for counterfeit medications. I suppose it is our duty to help fellow human beings, however, Canada has to take care of its own population first. It would be impossible to expect a country of 30 million to provide drugs for a country of 300 million. As a result of Internet Pharmacy, many companies have limited supplies to Canada and we may see price increases in the drugs currently on the market

*I would like to thank Dean Hindmarsh and Professor Zubin Austin very much for providing us an overview of the faculty's activities. I'm confident that students would appreciate this information greatly. So students, what can we do now? I suppose we can be comfortable in the knowledge that our opinions do count but we will have to be more patient. With respect to curriculum changes, Zubin Austin puts it very succinctly "Changing curriculum is like steering a cruise ship...you need to do it one step at a time".*

*The Dean would like to pass on these words of encouragement to the entire faculty: "I'm very proud of you. You all work very hard and are an excellent group of students...Keep up the good work"*

**\*\*\*Latest Update – The faculty has recently hired a consultant to look at developing an entry level Pharm D. Many of you have expressed interest in this idea. It would take some time to complete it but students can look forward to some exciting developments.**

## So you get a letter in the mail from OCP – A Complaint – Now What?

By: Allan Braido OT6

Hello Pharmacy, this being the last edition of the monograph that OT6 will get their hands on, I figured I should write my first and last submission.

I want to share with you my experiences with OPA. I have been a member of OPA since 1<sup>st</sup> year. At the end of first year I was able to attend the Annual General Meeting in Markham and it was quite an experience. There were pharmacists from all over the province: award winners, board members, professors, and future employers. The kind of people you want to meet as a student!!!! Meeting these individuals allowed me to get more involved with the association.

After the AGM, I was invited to sit on the OPA Insurance Committee as the student member. It was in these meetings that I learned the "now whats" in the title of this article. The obvious answer is to have insurance!!!! OPA has a fantastic insurance program that provides a variety of products such as home, auto, store, malpractice, life and disability insurance to any member of the association. So that means you! If you are a student and a member of OPA you are eligible for insurance and the great rates OPA provides!!!

The committee is composed mostly of pharmacists from all across the province, one board member and two OPA insurance staff members. The insurance committee meets 4 or 5 times a year to attend to matters brought up to the board or by members, to revise current programs based on what the members are saying and wanting, and to provide overall management to the program. The committee is constantly working to provide exceptional rates and a broad range of coverage to all members.

This was a fantastic opportunity for me and I want to encourage any of you to apply for OPA committees! In being involved I have met pharmacists from all across the province and learned a great deal about the profession in the real world! Insurance is not the only committee and most of the committees take student members. There are many other great ways to get involved with the OPA and I know you will enjoy the experience.

So I suggest; 1) a membership, 2) checking out an AGM – this year it is at the Royal York, 3) Applying for a committee when the application period comes, and 4) Getting involved!

# A Final Parting Shot

by Sean Simpson, OT6

An open letter the class of OT6 and the rest of the Faculty,

Over the past four years I have dedicated much time and effort into trying to increase your awareness of career opportunities that exist outside of the large pharmacy chains, grocery stores, and big-box retailers. From our very first days at this fine institution, it came abundantly clear to me that there was plenty of exposure to corporate pharmacy opportunities, but little or sometimes no idea of the exciting world of independent pharmacy. I am not just talking about ownership here. Independents require excellent pharmacy staff and relief pharmacists just as much as any other store.

As we prepare to depart, I have come to the realization that much of what I have been trying to explain has been misunderstood, or just plainly unheard. Please allow me to take the next few minutes of your time to clarify some key points.

#1. I have very little to gain from sharing this information with you. I feel it would have been selfish for me not to try to share with you some of the insights I have gained growing up in family that owns and operates a pharmacy, as well as in my three years working in pharmaceutical industry. Nonetheless, I do believe that the strength of our profession lies in keeping ownership in the hands of pharmacists, not the shareholders of large publicly-traded corporations.

#2. If you don't feel you are ownership material that doesn't mean you have to work for a chain. Many of the 'independents' I know treat their pharmacists extremely well with thorough profit-sharing programs that can be far more lucrative than anything a pharmacy chain will offer you. Which reminds me, YES, INDEPENDENTS are extremely competitive in their wage and benefit packages. In fact, because you are negotiating with the actual owner of the business, you can offer to work out a deal that works for YOU, not necessarily a cookie cutter contract.

#3. Speaking of contracts. As you may know, I am not a huge fan of contracts for a number of reasons. I could write ten pages on this topic alone. Nonetheless, I would encourage you to explore ALL your options before signing anything. Primarily, the companies are creating a false job market in order to make you feel like you need to sign in advance. My only question is: Have you ever heard of an unemployed pharmacist?

#4. I realize that not all 'independents' are excellent pharmacies, however I would encourage you all to research the practice sites of recent pharmacists who have won CphA, OPA, or other pharmacy awards. I think you might be surprised to find out that a disproportionate amount of these awards are given to pharmacists that practice in independent pharmacies. The reasons for this? I have many theories, but in any case, wouldn't you want to work along side some of these award winning pharmacists.

#5. The professional fee. At the very least, take some pride in our profession and work for an employer that charges a full fee. This is not exclusive to independents, as the two major large pharmacy chains charge full fees. The road for payment for cognitive services is going to be much, much longer as long as we have colleagues that are providing services for fees that are \$7 or less. Please make this a consideration, when you choose your employer.

I think I could go on with this list infinitely, but I hope at the very least I have justified some of my strong positions on these issues. The bottom line is that you will be able to walk into nearly any town in Canada with a pharmacists' license and be able to find work. How, you say? Open the phone book. Look in the yellow pages under pharmacies. Go visit the pharmacies. Introduce yourself, smile, and tell them that you are a new pharmacy graduate looking for work. It shouldn't take more than two or three visits to fill your schedule for a month. The rest is up to you. If you perform well and like the work environment, you can start talking to the owner about a permanent position, perhaps with some profit sharing clauses, or whatever other benefits you feel you'd like.

I realize this approach doesn't work for everybody that's looking for a job in community pharmacy. However, I guarantee that if you take an approach similar to this in your job search, your career satisfaction levels will be way above average.

Finally, I'd like to apologize if any of my opinions have offended you in any way shape or form. I hope you will all recognize that my intentions have been and are to educate and not to judge. That being said, my opinions are based on a wealth of experience. But in the end they are just my opinions.

Merry Christmas and Happy Holidays,

Sean Simpson

## Featured Professor of the Month

**Name:** David Burman

**Course(s) taught:** Aboriginal Issues in Health and Healing  
(4<sup>th</sup> year elective)

**Most embarrassing moment as a professor or as a practicing pharmacist:** Ouch! I guess it was the time I had a herniated disk in my neck with neuralgia down my right arm -- and taught the class holding an ice pack on the back of my neck. -- not conducive to a scintillating lecture!!

**Hidden talent(s):** Pottery, meditation, compassion  
**Nickname(s):** Don't have one to my knowledge

**What is a weird obsession that you possess?** UFOs

**What kind of things do you collect?** Books!!!! And bits of useless hardware from broken objects, waiting for something to use them on

**How can students ace your class?** Be attentive to what's going on in class.

### Pussy Pride By Jenn CFY, OT9

Have you been covertly snickering at the sight of the word *pussy* scrawled all over your LMP 232 notes? Do you find yourself scratching the letters out before your neighbour catches a glimpse and wonders what other dirty thoughts are floating in your head? If this is you, it's time to banish the fear and shame and bring the pussy out of the shadows – because in the Queen's English, *pussy* truly does describe "that which is full of pus." Stand tall, my friends, and give *pussy* the recognition it deserves.

For those who aren't keen on pussy empowerment, here are some less feline alternatives:

suppurative: a. inducing the formation of pus; characterized by the formation secretion of pus

purulent: a. full of, forming, or discharging pus

festering: a. gathering or generating pus

pyogenic: a. producing pus

Source: Oxford English Dictionary, <http://dictionary.oed.com>

## TRIBUTE TO BAHEN 1160 by Julie Dyck OT8

Over the past two year I feel like I have basically lived in Bahen 1160. Since I've spent hours upon countless hours in that lecture room, let me share some of my favourite memories.

- ◆ It was the first classroom I was ever in as a U of T student- where I met a very happy Leslie Lavack on the first day of school.
- ◆ Having countless free meals (usually pizza) in that room.
- ◆ It was the room in which I learned to twirl my pen- the carpeted floor was perfect for muffling the sounds when I dropped the pen.
- ◆ The projector problems and professors always looking to a *certain class member* (here's a hint: initials V.R.) to fix them.
- ◆ The bar beneath the desktop that was perfect for short people to rest their feet on.
- ◆ Experiencing my first pressure ulcer during 220
- ◆ Never knowing what the front of the class looked like until my first panel in 220.
- ◆ Being so bored during class that I counted the number of sleeping people in the room
- ◆ Being so bored during class that I counted the number of light fixtures in the room ( 168;  $p < 0.5$  and a confidence interval of  $\pm 2$ )

And I hope that the rest of you that have had classes in that room have enjoyed it as much as I have!!!

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# The Engineering Pharmacist:

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

By: Jonathon Wright OT6

For once, I really don't know how to begin... This, kids, is the last edition of 'The Engineering Pharmacist'. Wow, just looking at that brings some weird feelings to the forefront. Where in the hell did the time go? Three and a half years seemed like virtually no time at all. As of the day I sent this in to the Editors, twenty-seven days remain until I will be free from the bonds of classes and examinations here at the Faculty. All I have to do now is survive six final examinations in the space of ten days, or if you prefer, six examinations and a 45% research protocol in twelve days. Small price to pay to be finished on Dec 16<sup>th</sup>... Well, enough looking to the future for now. As promised, here is my version of 3.5 years in retrospect.

First year in a word: Networking. Once you realize that the work is only stressful because you're trying too hard, there is nothing left to do but meet the people in your class and have fun. Some important concepts are covered, but mostly you're getting a meagre baseline level of info to prepare for second year: anatomy prior to physiology; phys chem prior to pharmaceuticals and med chem.; organic chem prior to biochemistry and the rest of med chem. Oh, and if you're complaining about those courses, remember that OT6 had physical chemistry and anatomy with the Arts & Science students. Dr Allen is easier to listen to (and look at) than a little old man in a beret with kidney stones. Looking WAY back, the things that really mattered were communications and PHM 128. Those little videos you make? Best way to see how you look when you counsel. Why PHM 128? The jurisprudence topics here are ESSENTIAL to future success in other X28 courses, the OCP Jurisprudence exam, and future community careers. Microbiology with Crandall is a new thing for you, but he goes out of his way to make it very straightforward. So, OT9s... if you're worried, you're wrong. Just calm down, meet all 240 classmates, and enjoy yourselves. Oh, and for the council members who referred to their incompetent tech as an OT6'er? Funny. Way to get into the spirit! But it would have been even funnier if you used OT5... 'Nuff said.

Second year: In-Class-Time. That timetable of yours looks very full, but when you break it down to tasks, not a lot happens. And even less happens if you took biochem 226 in first year, and if you have a physiology exemption. Everything that is truly time-consuming happens in situations where you prep a little, do all of the work in the lab, and leave everything behind, these being the PPL and Pharmaceuticals lab. Med Chem can be

rough, depending on whose section you're doing, and Pharmaceuticals can be incomprehensible depending on the lecturer (not the material), but you will have more than enough time to study for these things, because there really isn't anything else going on. If you have no exemptions, you have to be more organized, as physio can really eat up time in another lab. So, OT8's... where does this leave you? You came to the Phollies to watch on Saturday night this year, but you still abandoned the stage. Usman is not OT8 and he did two roles in the OT8 council skit, along with Janet who is UPS, not OT8 council, and Terri did two roles as well. Better showing than last year, but remember that next year you will be essentially running UPS as third years. If you guys don't set the right tone for spirit, then nobody will know how to have fun in this place... So, strike the proper balance between work and play, if not for yourselves, then for the good of the Faculty.

Third year: Overload. I can skip the bulk of the scary details as my thoughts here are all in the Anti-Calendar for Third Year. Ten or eleven classes, and the only one you may escape is Pharmacology. Most classes are once per week, some twice, and pharmacology probably has three meetings a week. Not much time in class, but boy will you work outside of class. Each one of those ten classes has deadlines to meet, reading to be done, assignments to be finished, panels / cases / case studies to be prepared for, and tests to write. That takes a ton of personal time to get ready for, and you can't be perfectly prepared for all of it. The problem is, everything is starting to become very relevant. Therapeutics / Self-Care and Pharmacology (PCL or Utrecht) are the cornerstones of clinical knowledge, supported by patho, kinetics, and the various courses in second year you probably wished you remembered more from. And these will all be tested in the 329 PPL. I hear you guys have not counselled outside of Heffer's class. Boy, are you in for a shock... OT7... Hang in there and support each other well, cause it's going to be a bumpy ride. Oh, and about that beer mile OT6'ers were "just scared" to attend? I don't recall any invitation being made. Just saying.

Fourth Year: Busy. Little class time, but there are many other things to juggle besides the three Therapeutics cases each week (sometimes less, but up to three) and the simulated patient 429 PPL. In between classes, assignments, and tests, we need to figure out what we want to do after we get out of this place. That means attending many events outside of class hours. Free dinners are great, but they eat into your time and alter your schedule. Interviews and residency applications also eat into your time

and energy. I can say that we're used to it now, so the stress level is much lower by comparison. But there are moments... Wouldn't really be the Faculty of Pharmacy if it were completely stress free, now would it? Therapeutics II and the PPL are the two most important things for all students here. Also, pick your electives carefully. If possible, sit in on an elective next year that fits in with your schedule. Ob/Gyn, herbals, substance abuse, and pediatrics each contain unique material that is important to know, but is not offered in the core classes. Use this time to test your strengths and limitations, in preparation for SPEP and life on the outside.

Well, there you have it... My abbreviated view on life here is finished. My eyes are actually tearing up as I write this... Eight years ago, I walked into Convocation Hall to receive a yellow shirt and a yellow hard hat. After bleeding, sweating, and crying to complete the Engineering Science Biomedical program, I found my way here four years ago, with a leather jacket, and an Iron Ring on the little finger of my right hand. I may not be able to tell you the precise reason why I ended up here, but I can tell you two things with more certainty than I would have thought back in 1<sup>st</sup> year (where I listened to Peri Ballantyne half-asleep thinking 'yeah, like I'm going to be a pharmacist'). Number one: I have no regrets about taking this path. Number two: I'm going to miss this place. If you read no other part of this thing, please remember to have fun here while you can. To all of the people I have met in the other classes (and those I haven't), I wish you all the best of luck as you work to finish out this program. If you need any form of advice, feel free to ask me ([engpharm0t6@hotmail.com](mailto:engpharm0t6@hotmail.com)). To all of my fellow OT6'ers... Thank you for the best four years of my life. I couldn't have asked for a better group of people to be with for this. You can all keep track of me on my blog "The EngPharm Zone" on MSN Spaces at <http://spaces.msn.com/members/engpharm> Gotta love shameless plugs, eh?

Until we meet again, this is Jonathon Wright, The Engineering Pharmacist... signing off for the last time..



## Five Questions With...

by Vijay Rasaiah, OT8

Have you ever wondered what other talents your fellow pharmacy students have? Do you think the Faculty of Pharmacy needs a little more culture? Can't wait for the Pharmacy Art Show in the new year? I asked OT8, and published poet, Jason Chenard, FIVE QUESTIONS.

### 1) WHERE DO YOUR INSPIRATIONS COME FROM?

Always a tough question. It started as a high school independent study in English class, then did well in last year's U of T Pharmacy Art Show and I was finally convinced by family and friends to do something about it. As far as the actual material, ideas come from everywhere. Family, friends, pets, definitely school, things that happen to me, society, even one about cows. There are two things I don't do: religion and swearing. You don't need to curse to get your point across and religion, well, that can be a sensitive issue.

### 2) WHAT CAN YOU TELL US ABOUT YOUR FIRST POEM?

My FIRST poem probably dates back to grade 5 or something along those lines. My first serious poem was brainstormed--and I'm not trying to get brownie points--at my girlfriend's dance recital. I saw something in her eyes that seemed to follow me around, although she was the one moving about. The poem is titled "Dancer's Stare" and is the first one in my book.

### 3) HOW DOES IT FEEL KNOWING PEOPLE AROUND THE WORLD COULD OWN YOUR BOOK?

Similar to the feeling I got after being accepted to Pharmacy school, mixed in with that feeling you get when you're on the John and realize you're out of toilet paper. A great honour, but at the same time, nervous, as there are so many amazing poets out there. Seeing your name on the cover of any novel is highly rewarding and something to be valued.

### 4) TELL US A LITTLE ABOUT THE BOOK.

The book is a compilation of three years' work. It reflects on common, every-day thoughts and events that relate to us all. It is a conscious appreciation of what is going on around us as well as a celebration of the people that touch us most and the objects we cherish. Works include everything from obsessive compulsiveness and the birth of my little brother to my pooper-scooper and a not-so-typical visit to the dentist. I like to keep the reader guessing, proving hints along the way, only to give it away at the end.

### 5) HOW CAN SOMEONE LEARN TO WRITE POETRY?

They already have. Poetry is something you feel, not something to be learned. There is no formula and you are never wrong. Pretty much the opposite of medicine. I guess you could start by reading my book. NO, just kidding. Write down your thoughts! I know for a fact that we--Pharmacy students in particular--are all great thinkers and we only say a fraction of what we are thinking. Thus, think in ink, you will be suprised where it takes you.

Look for Jason's new book, "Thinking In ink On Laundry Day" at the U of T Bookstore soon, order online at [www.authorhouse.com](http://www.authorhouse.com) or approach him in class or via [jason.chenard@utoronto.ca](mailto:jason.chenard@utoronto.ca). An excerpt of his work is given to the right of this article.

## PROFESSORS TAKE NOTE

By: Bruce Kent, OTX

Formula for attention span (A) in class held at Bahen 1160

$$A = P_f \cdot \ln \left( \frac{I \cdot D_w \cdot M \cdot k}{1 + T} \right)$$

$P_f$  - professor factor - time in minutes the professor could hold your interest for the most boring subject possible (permissible values 1-7)

$I$  - interest of course - time in hours you could study the subject in one week if you really had to (permissible values 1-10)

$D_w$  - Day of week - values Monday-5, Friday-1

$M$  - correction factor for AM or PM (AM=2, PM=1)

$k$  - the boredom constant 8.153 (totally irrational)

$T$  - time in hours spent in class that day prior to the start of class

Examples (calculations not shown):

Best prof, interesting subject, Monday AM, first class  $A = 47$  min.

Worst prof, uninteresting subject, Friday PM, 6 previous hours  $A = 0.15$  min.

Avg. prof, avg. subject, Wed PM, 3 previous hours  $A = 12$  min.

### Milk Maker

A beautiful life I live in this meadow.

Grass to eat, in abundance.  
Company to converse with, in herds.

Betsy, known for her spots.  
Bill, for his mustache.

Chew, regurge. Chew, regurge. Chew, regurge.  
The main course passes through my stomach, quattro.

An automatic apparatus stuck to my underside,  
sometimes twice daily.  
Without them I would be in pain.

Perhaps a single downfall,  
this silly bell they hang around my neck.  
Its voice screeches at my every move.

Someday, I will be chosen,  
to visit The House.  
An enchanted place it is,  
such that any who are invited,  
never return to the meadow.

J. R. Chenard

## The Charitable Pharmacist

By Mayce Al-Sukhni, 0T7 Vice-President

After a lot of hard work and planning, this year's Charity Week was a huge success, with students contributing very generously at the many events. The week began with the annual and ever-popular Prof Auction. Seats quickly filled up in BA1170 and the excitement was evident before the bidding had even started! When all was said and done, over \$2200 was raised; a group from 0T6 placed the highest bid of the afternoon when they bid \$510 for dinner with Dean Hindmarsh!

The class of 0T9 had a strong debut with their baked goods and international food sales. Tables laden with delicious items invited passers-by to sample homemade foods from the kitchens of 0T9 students. The biggest class in the faculty wowed everyone with its cooking talents and managed to raise a bundle for charity as well! Over the course of the week, 0T6 held a food drive for the Daily Bread Food Bank, drawing in hundreds of items as students raided their pantries for canned and non-perishable goods. Meanwhile, the class of 0T7 held two simultaneous events – the amazing raffle, with several exciting prizes, and wacky dress day, where students were invited to dress in a wacky way for charity. The week was capped off with the 0T8 Pie Throw, where students from 0T7, 0T8, and 0T9 were human targets for pies thrown by their classmates. You can read all about what took place at the event in Terri Chan's recap in this issue of the Monograph!

As the week drew to a close, it was time to tally the points gained from participation in the various events and decide on a winner. Many congratulations go to the class of 0T6 for gathering the greatest number of points and winning the Doc Kennedy Award! 0T7 came in a close second, with 0T9 tailing closely and 0T8 bringing up the rear. Thank you to everyone who helped organize events during the week, especially CAPSI, the class vice-presidents, and class councils. With over \$3100 raised for charity, Charity Week was truly resounding successful!



## What's the deal with all this separation?

by Leanne Drehmer, 0T9

No, this is not a bad Jerry Seinfeld joke, just a little observation that hopefully will spark some conversation and change. Over my past three months at the faculty, I have noticed one very prominent theme. At social events and in everyday goings on, the four years of pharmacy seem to 'keep to their own'. Now I don't feel that this trend is particularly our fault, since events tend to be organized such that the four classes buy tickets separately and are thus seated separately. However, I find it very frustrating that mingling between classes is not happening (If someone writes a rebuttal titled 'It seems like you might be frustrated' I will hunt them down!).

I want to stress that it is not hard to talk to people outside of your class or small group of friends, and can actually be quite enriching. Upper years often have great advice and some hilarious PDW stories as well! Even if large-scale events like Semi and Indian dinner have to be organized with table separations, mingling can still happen. Make an effort to come out to other faculty-wide events like curling, pub nights, and movie nights. Say hi to someone that is not in your year when you see them in the faculty building.

Get to know your colleagues, they won't bite! Don't forget that upper year students will not be around forever, and we can learn a lot from them and make some great friends in the process. We are a small faculty, and one of the most social faculties I know. So I encourage you all: come out to events, get to know people, and have fun while you are in Pharmacy!

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# Allegra's Art Archive

by Allegra Connor, 0T9

## Pie Throw Ends Charity Week with a Bang!

Terri Chan, 0T8 Vice-President

First off, thanks to all who came out to watch their classmates get pied, our fabulous volunteer targets. We raised almost \$400 to go towards our class charities! Great job bidders! Please note: The "Pie" consisted of a styrofoam plate filled with whipped cream.

0T9:

No major mishaps. Targets Ali Ahmadian, Sara Lavoratore, Mike Pe, and Andrea Fernandez took their pies like champions with Andrea getting the most money out of people's pockets. (She was the final target.) You all looked great with that polka dotted shower cap!

0T7:

Male targets Usman Imran, Harsit Patel, and Nabeel Syed, took their pies "like men" sans garbage bag or hair nets to cover themselves. Special recognition goes to Nabeel, who suffered a pie down the back and all over his head and ears. Fashion queen Jacqueline Wong sported her Phrosh Leader t-shirt and took her pie in style! Last-minute target Gayathri Radhakrishnan ended off the 0T7 pie throw festivities.

0T8:

We had many targets for pie throw, including Samer "I-have-a-question" Dabbo, Janet "listserv" Chong, Henry "Phollies" Chen, Peter "Don't-mess-with-me-I'm-totally-covered-by-garbage-bags" Shalvardjian, Andrea "whipped-cream highlights" Narducci, and myself, "Nosebleed Chan". (Yes, there was bloodshed!)

The best part of the event was that 0T8 raised the most money, \$100 more than the other classes. Great job 0T8! Special thanks to Henry, who was a great auctioneer, and Andrea, Amy, Angel, and Jeff who helped clean up (the room and myself).



<http://www.foodtv.ca/recipes/search/foodtv%5Fsearch.idq?>



## What I miss about my UofT chemistry undergrad:

By Allegra Connor, OT9

1. Mentally stimulating courses and feeling like there was a workload (to validate my existence and my tuition... well... OSAP's tuition)
2. Communication with inanimate objects ONLY, and YES sometimes in an aggressive manner
3. The faculty didn't know my schedule
4. Cowboy physics profs (whose dentures fell out while lecturing)
5. Hot TA's (no labs --> no hot TA's!! we've got a dangerous situation on our hands)
6. Being in a class of 6000+, frequently implementing my "use 'em and lose 'em" aka "waam baam thank-you van damme" policy (finding a new hot guy for every day of the week; especially those keen, heavily-accented Mexican FOBs, preferably staph. aureus-free)
7. Periodically having class interrupted/invaded by the engineering marching band
8. No spamomegaly of my inbox!
9. Performing Vudu rituals on my little ROSI doll every year when \*trying\* to sign up for courses and finding them either full, conflicting, not offered in that year, or restricted (and YES, including the ones required for my program)
10. Being in total blissful ignorance of the Drug and Pharmacies' Regulation Act Regulation 551 Section 71

What I definitely won't miss:

Slip sliding across queen's park in the middle of february to get from Isabel Bader Theatre (which housed chm 138 believe it or not) to McLennan Physical in 10 minutes

I think that just might make the whole pharmacy thing worth it.

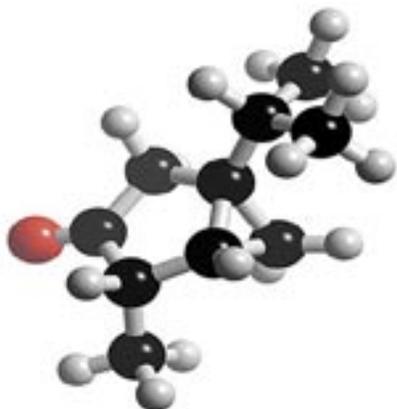


Photo: <http://www.3dchem.com/molecules.asp?ID=142>

## Introducing The Pharmacy Choir...

Right before the summer break last year, Janet Chong and Gloria Seto had a wonderful idea. They had noticed that most other colleges at the University of Toronto had some sort of musical club. There was also little opportunity for those who did not participate in the Pharmacy athletic events, to mingle with other students and collect coveted UPS points.

The two of them began working on the Pharmacy Choir over the summer in an attempt to expand the breadth of extracurricular offerings to students in the Pharmacy program. Running on a small starting grant from UPS, the Choir began rehearsals this September. On the opening night of the Phollies, the Pharmacy Choir made its debut with Seasons of Love from Rent.

Esther Liu, winner of this year's Design the Phollies Program Cover contest, explained that "The choir's rendition of "Seasons of Love" from Rent was excellent. It's amazing how a group of 10 or so pharmacy students could sing together with such harmony, especially in their first showing at the Phollies. "I'm looking forward to hearing them next year!" Michelle Chan, one of the performers, agreed that they "sounded good, especially from my vantage point. I think guys who sing have a definite sex appeal."

The Pharmacy Choir has an excellent line up of music prepared for the next term. This writer has been asked by Choir representatives to "keep it a surprise." All that can be revealed is that the Choir's next performance will include choral, ethnic and jazz music with a splashing of modern showtunes. Suggestions are always welcome and can be directed to [janet.chong@utoronto.ca](mailto:janet.chong@utoronto.ca) or [gloria.seto@utoronto.ca](mailto:gloria.seto@utoronto.ca). New choir members are also welcome. Keep checking your email for more updates about rehearsals and performances.

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# TV Characters, convincing salaries or just fantasy?

By Lukasz Krajewski, OT8

You know, it's not that easy to come up with an interesting, fun idea to write about in the faculty newspaper. For the last couple of weeks I was having complete writer's block.

I could not come up with anything good enough to include in the December issue. I wanted to talk about something interesting! After endless brainstorming, and a few pressure ulcers, I began thinking to myself, how I would define the concept of something being interesting. Is there a scale? Are there rules? At that point I realized I was going crazy and took a break. Later on, I decided to ask some people for suggestions.

My friends recommended that I explain the current parliamentary situation in Ottawa. They know I have a passion for politics, and they know I took a political science course at one point in my university career. I thought about their suggestion, and concluded they're just being facetious. The idea was interesting, but would it be fun to read? In any case, I might yet take their advice in the next issue. Right now, however, I'm going to write about something much lighter, and far more removed from reality.

Have you ever wondered how some characters on certain TV shows are able to afford to live in ridiculous luxury? A good example of this little phenomenon is Jennifer Aniston's character on the sitcom 'Friends'. If my memory doesn't fail me, at the beginning, she worked as a waitress in the little coffee shop but was able to rent her own apartment in New York, and dress well at the same time. Other examples of this include the 'Sex and the City' ladies and the 'Desperate Housewives'. So the ultimate question is, can this realistically happen? Through some internet scavenging I can now provide you, dear reader, with the facts.

First, let's start with characters that would probably be just as rich in the real world as they are on TV.

## Plastic surgeons on 'Nip/Tuck'

- The surgeons with the famous catch phrase 'tell me what you don't like about yourself'.
- According to job postings for plastic surgeons, the median annual salary is about \$156,500 USD.
- With this kind of money, one can afford to live very well.
- However, this still might not be enough to buy all the expensive suits and cars, worn and driven by the doctors on the show. To be able to do that, you really have to be the best plastic surgeon around.

## The lawyer on 'The O.C.'

- Sandy Cohen, with a private practice in a beach bungalow.
- The median annual salary for a lawyer is \$94,930 USD.
- You can live well.
- However, a typical lawyer may come up short when buying that ocean view, pool equipped villa.

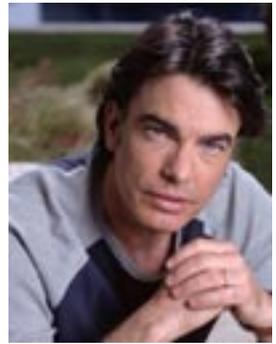


Photo: [www.theocimages.com/displayimage.php?album=29&pos=2](http://www.theocimages.com/displayimage.php?album=29&pos=2)

Now, it's time for the posers.

## Forensic investigator on 'CSI: Crime Scene Investigation'

- Gil Grissom would make only about \$44,000 USD a year in real life, according to the Bureau of Labor Statistics.
- There goes that nice SUV he drives on the show.



Photo: <http://members.aol.com/JRD203/csi-photos.htm>

## Medical residents on 'Scrubs'

- They would make only about \$37,000 USD annually, according to the American Medical Association.
- No matter how you divide that, it's bad.



<http://www.durfee.net/will/cast.htm>

## Grace on 'Will and Grace'

- Interior designers usually make about \$40,700 USD annually.
- She really can't afford to spend all that time on arguments with Will.

As this shows, TV reality and actual reality are two very different things. I'm sure if we were all characters on TV we'd be rich, never do any studying, do well on all exams and have amazing social lives. Good luck on your exams!

The information for this article was gathered from MSN careers.

# Last week of pharmacy school....

By Joan Lee, OT6

So this is it. The beginning of the last week of school!!! I have not written an article in the monograph (not including UPS related stuff) ever since the end of my first year when I basically concluded that my first year of pharmacy was amazing!

How did the time pass so darn fast?! Did I really survive 3rd year?? It's pretty incredible that my classmates and I are where we are now - about to graduate in a matter of months and get our pharmacy degree.

What can I say? \*WHEW\* I made it. For the first years... you're so lucky you guys don't have Tanin for your phys chem course. For the third years... you're so lucky you guys don't have Lanca for your pharmacology course. OT6 always missed the better profs, it's like we were the guinea pigs.

All I remember in second year are the labs and problems sets and essays... and not finishing Health Systems on time because the exam was seriously way too long. And in fourth year, again, we could not finish Health Systems because the exam was so long... those profs really should try writing the exam themselves.

Panels were nightmares of embarrassment if you didn't know the answer and just a frantic episode of trying to scrape away some good marks. PPLs were a constant stress. I finally learned how to say an empathy statement properly - remember that communications course in first year guys?

Too bad OT6 didn't win the first tug-of-war -- we were soooo close, it would've been 4 straight wins! And I don't think there'll ever be anything else like the Phollies... all the cross dressing and prof dressing ...

To the class of OT6 - my friends and classmates - thanks for 4 great years. They really were great. To the few classes above and below us... should've pulled harder in the tug-of-war =) It was great getting to know everyone, it was lots of fun. I'll see you guys again when we actually start working - keep those DRP's coming!

## Midnight Masquerade - Semi 2005

By: Elena Andrews, UPS Social Director

This year's Semi-Formal was held at Joe Badali's Ristorante Italiano & Bar and it was a great success! For the 280 of you who attended, it was certainly a night to remember. The evening started off with a fabulous four-course meal, which was served alongside great music and great company. The decorations were also spectacular. Shades of silver and blue masquerade masks were everywhere in sight, along with balloons, hanging stars, and moons to set our theme.

Next, we had a draw for the doorprizes, which were generously donated by Apotex and Wyeth. We had prizes from HMV, the Body Shop, Cineplex, and many other amazing stores. It almost seemed like the list of prizes would never end. Congratulations to all of the winners!

Then, DJ Mik-T hosted a game which determined who, at each table, would win the beautiful centrepiece sponsored by our friends at Pharmasave. This game also raised money to go towards the class charity of class that bought the most Semi-Formal tickets. Who might that be, you ask? None other than the fabulous . . .OT7's. This was great news for the Daily Bread Food Bank. And kuttos to OT8 - we finally participated in something! We were the second highest class in attendance! [Applause] We all knew that we were saving our energy for the best social event of the year! It was all part of the master plan. . . Next it was OT9, followed by OT6.

We were extremely lucky to be joined by the beloved Dean

Hindmarsh, Dean Lavack, Lalitha Raman-Wilms and all of their dates. I have to say that our profs are not only amazing in the classroom, but also on the dancefloor! Oh, I do recall some impressive breakdancing from the table #14 boys of OT8 - you know who you are! And I believe that we also have pictures ;P

In the end, everyone had a great night. I have heard nothing but great things from all who were in attendance. Once again, I would like to thank all of the people who helped me make this event a success. Thanks to the Social Reps: Felix Tam, Kimberly Hunt, Stephana Hung, and Mike Pe. Thank you to the people who helped with setup: Andrea Narducci, Terri Chan, Jacqueline Wong, Cherie Wong and Sara Lavoratore. We all worked very hard and did an amazing job on Semi 2005. It's really nice to have a break now!



# A Dose of Exam Empathy

By Elaine Tam, OT9

Ah yes, it's that wonderful time of year again – December exams are just around the corner and you're (hopefully) starting to do something about those shrink-wrapped textbooks that have taken up residence under your bed. Life is starting to get a little hectic, but no worries – I have a wealth of empathy statements (some original but the majority not-so-original [i.e. ripped off the Internet]) to help you through your procrastination. Enjoy!

It must be frustrating that your sleep patterns have gotten to the point where:

- you're starting to explore the possibility of setting up an IV drip of espresso.
- you wonder if brewing is an essential step in the consumption of coffee.
- brewing coffee takes too long, so you just eat the beans.
- your favourite Barenaked Ladies song is "Who Needs Sleep."
- you go to bed at 3am and think, "Oh, it's an early night."
- you actually get used to waking up at 4am.
- you go to Robarts at 5am to study and don't complain.
- you talk in your sleep as if you're counselling standardized patients.
- you spend more time sleeping in class than at home.
- your main addiction is sleep... and you're always experiencing withdrawal symptoms.
- you try to wake up fast enough to catch yourself sleeping... and succeed.
- you clean up your room and find a bed. (You have time to clean your room?!)
- the bags under your eyes are heavier than the ones carrying your textbooks.
- you buy caffeinated water.
- you measure your daily caffeine consumption in gallons.
- you can count the number of hours you sleep each week on one hand.
- you've cleverly taught yourself how to take quick naps while walking between classes.
- the only reason Starbucks hired you was because your bill was so big.

I can understand that you're upset by the fact that:

- you faithfully copy words without vowels in them, yet somehow manage to understand them.
- your backpack is heavier than you, and only feels comfortable when it weighs 30 pounds.
- your home becomes a "home away from home."
- you get a full upper body workout carrying your backpack.
- you have a thought, and it hurts.
- it rains and you place the umbrella over your backpack instead of yourself.
- your contacts are so thick that you have trouble closing your eyes.
- you've developed an imprint of your backpack in your back.

I appreciate that you are feeling deprived of a social life because:

- you find yourself thinking, "Without stress, my life would be empty."
- you relax only through your non-pharmacy friends.
- when you go to Gerstein, you see a least 50 of your classmates.
- you put a pile of fliers in the student lounge announcing that you're going to the movies.
- your pick-up lines include compliments on the quality of someone's epidermis and the wonderful shape of their occipital plate.
- "social companions" and "fellow pharmies" become interchangeable terms.
- you're afraid of sunlight since you haven't seen it in two weeks.
- in fact, you haven't seen light for so long that you glow in the dark.
- you hold "parties" to study.
- you look forward to your parties.
- your parties are the hippest thing going nowadays.
- your only contact with the outside world are listservs.
- you know you have non-pharmacy friends only because you have pictures of them in your photo album.
- to celebrate a productive day at the library, you decide to be really wild and go for coffee.

I recognize why you've found it necessary to:

- get Tylenol in bulk from Costco.
- consider giving up going to the bathroom permanently to give you more time to study.
- replace your Flintstones vitamins with speed.
- skip breakfast so you can get to school early to "get in some extra cramming time" to "gain that upper edge" on the rest of the class.
- slip Prozac into your Mountain Dew.
- get into a slugging match over priority for the library photocopier.
- look forward to hell week (i.e. exams) because you think hell would be an improvement on your current situation.

I comprehend why you suspect you're suffering from anxiety, seeing as:

- your brain is such a pile of mush that you carry around a teddy bear so you don't start shaking in the middle of class.
- you forget to breathe (or to eat, or to sleep, or other luxuries).
- the word "ponder" sends you into spasms.
- you break down in tears in the middle of class, can't stop, and can't explain why.

- you find your prof saying, “Calm down, the exam is only worth 95% of your grade.”
- you burst into tears when your pencil breaks.
- you’d go into severe spasms if you ever lost your agenda book.
- the “due” date becomes the “do” date.
- your list of excuses for not doing your homework is the length of the CPS.
- you manage to complete a semesters worth of homework the day before the term ends.
- you always seem to have one continuous headache (hence the bulk Tylenol).
- “burnout” isn’t a strong enough word to describe you.
- you find deep meaning in the words to “I Wanna Be Sedated.”
- you convince yourself that it’s essential to learn to live with occasional failures, and that it’s okay to fail, so long as you’re not alone.

Looking for an Ideal?  
By Shaun Lee OT9

The “List”... we all have one. Some of us have had this “list” since that crush on that guy/girl in grade 3. Others develop this “list” over time. It changes and grows as much as we change and grow as people.

So what is this “list?” No, it’s not a Christmas shopping list or Homer Simpson’s revenge list. I’m writing about the list of all the things you want in that ideal significant other. So get your list ready and keep it in mind as we take a look at our “ideals list”.

Typically, a girl’s list would consist of someone who’s caring, honest, sweet, strong, romantic... and somewhere down that list, it’d be nice if the guy was great looking.

A guy’s list might be a bit different. Well, let’s be honest. If you poll a bunch of guys, chances are, somewhere at the top would be looks (doesn’t have to be number one, but it’s up there). Then down the list, you would find they like a girl who’s cute, beautiful, gorgeous, stunning and maybe someone with personality... just kidding (though there maybe some guys who are probably thinking “Hey, that is my list!”). When it comes to long-term relationships, I would like to think most guys would want a girl who they can have fun with, someone they can connect with and someone who is self-assured and confident in who they are...and just so happens to be cute.

So how do you get this “ideal” person? Movies would tell us to rely on serendipity and destiny. Donald Trump might say money is the key. But given the divorce rate of celebrity marriages, why rely on them?

Well, I would suggest this: Ask yourself, on your list, how many of those attributes do you fit? If you’re looking for that guy who’s compassionate, ask yourself, “am I compassionate?” If you’re looking for a girl who’s confident with who they are, ask yourself, “am I confident with who I am?” Basically, if you want the ideal person, might as well be the ideal person.

Of course, if you want a really girly girl, don’t sup up your car with pink Hello Kitty paraphernalia and be a girly man. Or if you want a really bulky guy, don’t juice up to be a bulky girl (unless you want to have the perfect kids for the Ultimate Fighter Championship). That’s just silly (though it’d be really funny if people did do that).

Whether you’re a guy or a girl, single or in a relationship, when it comes to being with that one person we want to spend the rest of our lives with, we want to be with a person who unconditionally loves. Some may disagree, but I believe the best way to find that person is to unconditionally love the people around you today. Realistically, this won’t get ANY person you want (as an author recently wrote, sometimes “He (or she) is just not that into you”), but I can assure you that unconditional love is the foundation of what makes any long-term relationship work. I’m sure that one token married person in your class will agree with me on that.

One of my favourite definitions of unconditional love is this: “Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.”

Whether you’re single, in a relationship or even married, if this definition is your ideal, I challenge you to strive for it. It is far from easy, but we all know that relationships are never really easy. We can never really make others into our ideal person but, we can let ourselves be that perfect person.

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Fax: (905) 792-6310  
Email: catherine.williams@hbc.com



# shoutouts!

Matty,  
The term "The Unit" is mine. You may use it. HOWEVER, if you do you must pay me royalties OR you can just admit defeat, say I used the term first and then you can have it.

Matt,  
Grow your hair out....

Happy 20th Birthday Kim!  
Hope you have a great year.  
All the best!!!!

-Your peeps;)

Props to President Phu,  
Thanks for your impeccable leadership and hooking up the class with jobs. You deserve to be OT6 of the year! ;-)

-PAA

to steph, ginty, tash, amanda, natalie and megs  
we made it! it's been an awesome 4 yrs and thanks for the "back of the class" amusement!

luv, laura

Dear Walmart...  
Thanks for the jokes but...  
you make our profession a joke by telling me that my 'primary job [with Walmart] is to check the accuracy of a prescription' and that pharmacists are considered equivalent to the Walmart janitors in terms of importance to the company.

Phu, Helen, Victor

Have a great time at SPEP off in the boonies. If you ever have trouble staying awake, make sure to have an AWESOME extra-large TRIPLE-TRIPLE ;)  
Congrats on making it through!

-From your BESTEST BESTEST SMH buds

"Emily, Sheetal & Mahmoud - I had a great summer working with you guys! Just wanna wish you \*\*\*GOOD LUCK\*\*\* at SPEP and beyond!

-"b"

To the crews at Emerson and at College and Brunswick, you guys

sure know how  
to throw one hell of a party.  
Cheers!

- JW

Hey guys! Come join the choir,  
you won't believe how much u're missing out

-Kaspar

To Allan, Mike C, Jake, Simmer, Ashia, Tara, Joanne, Laura T, Vernon, Felipe, Manija, and anyone else who ever picked me up when I was down...

Thank you all. I'm really going to miss all of you. Best of luck on the last finals of our lives!

-Jonathon

APS exec,

Don't worry, you WILL get your reimbursements soon, hopefully before the new year. =P

-Em

Dear A&P...  
Thanks for dinner but...  
I'm a little confused about your fabulous 'corporate culture' even though you bashed your former corporate owners who sold you off a few months ago? So how do you know what's in your future? Oh yeah, thanks for inviting the whole class but turning away all but 80.

To J.A.M.S - we will soon be disbanded, I'll miss the beer drinking, salad tossing, snowball throwing and hockey playing - (.A.)

To the College St. Girls - DIE - MICE - DIE!!!!

-Braidio

Polygamous Admirer, Polygamous Admirer! Where art thou, polygamous Admirer? I'm going to miss you now that I'm leaving the Faculty... I'm going to miss those long walks on the each and those candle lit dinners.... I'll wait for you on the other end!

-Polygamous Admirer's Admirer (PAA)

To 21 Emerson - the best pharmacy house ever, I had a ton of fun!! dart guns, 2 storey funnel, dart board & year end bashes! Thanks Jen, Pern, Ginty and Cavy - gonna miss the house in the hood

-Braidio

chili nut,  
A chapter in our life is closing... only to allow us to write a new one. Looking forward to see how the story finally ends. \* thimble \* -me

To Cavy and Jake - the lounge at 19 Russell can finally relax - no more baseball games, pillow fights, fort building or flying objects.

-Braidio

Hey OT6's, all the best! May no DRP's ever be of obstacle to you

-Kaspar

Dear Drugstore and other tuition reimbursers...  
Thanks for the watch but...  
If you want me to go to the Yukon, and only the Yukon, to qualify for your tuition reimbursement, just say so. Then you can save yourself from leaving a hundred messages on my phone and email.

Char, Amy, Kim x2, Ellen, Lis, Ann, Ruta, Alena:  
Hope you gals have an awesome Xmas break! Don't study too hard for MedChem during the holidays, take it EZ. =P

-Em

To Ujjwal and Sunil - see you on the back pages of Pharmacy Connection

-Braidio

To OT6,

Thanks for 4 memorable years! I've enjoyed meeting and talking with each one of you. Can't wait until when we start having class reunions.

Keep in touch,

Justin

To Katie and Gill - STOP YELLING

!!!, I CAN HEAR YOU FROM MY ROOM

- Braidio

Shelby,  
Thanks for inspiring me to pursue pharmacy! Best wishes wherever life takes you from here :)

-Nat

Megan B,

Hey there Captain! What a great season we had in intramurals! We wish you the best of luck in SPEP and in ur future career!

-Women's Volleyball team

Julie!

Happy b-day! May all your wishes come true

-Katie and Nat

Dear colleagues,  
Be mindful of how you want to practice and uphold your profession. Not all corporations are bad but there are some who know or care as little about the profession as 2nd year med students know about pain (OT7: make sure that you continue to kick a\$\$ in pain week).

The Choir  
Great work at the Phollies. Let's get Ave Verum right for the next time we sing. Christmas carols! Yay! Good job, Janet and Rosanna. Thanks guys!

-Gloria

Giver (Danielle)  
You have a pussy box.

-Box

ELLEN!!!  
Happy Birthday!!! ^\_^

Love,  
all of us!

## 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 shout outs to [themonograph@gmail.com](mailto:themonograph@gmail.com)

Kieu,  
Congratulations--you're finally done!!!  
Thanks for being such an awesome sib  
these past three years. Good luck with  
SPEP!

-Tazeen  
all c1 group members \*ahem\*

we're done!!! it's been great giggling  
during css with you all and of course,  
all those 20+ page workups!!! it's all  
about psychosis from steroids, heart  
blocks and the ALLHAT study. good  
luck with everything :)

-bashful

to: my dear dodgeball team

i was very proud of how we competed  
today. you are all winners in my book  
we  
may have lost, but we lost in style ...  
we looked fabulous!

- Jose Carvalho

Hey big boysssss, one love!  
Looking forward to next year's  
installment! ;)

-L

Hey OT9 Dodgeball Teams! Congrats  
on the win! Dodge, duck, dip, dive and  
dodge!!

Micheline and Sean,

We wish you the best of luck during  
your SPEP rotations!! Thanks for all  
your help with the Monograph!!

-Lucy and Emily

To all Pharmies!

Thank you for supporting APS during  
the fortune cookiegram sales. Please  
come out to enjoy future events, such  
as Chinese New Year Dinner, karaoke  
and career-related seminars.

-APS



Behold Sandeep, Thunder Bay's own king of Ukrainian  
dance! He's conquered pharmacy and young hearts every-  
where, can he conquer "So You Think You Can Dance"?

## Pharmasave Word Scrambler

*Need something to do? TRY THIS!!!*

(Hint: Read the paragraph to find the all words you will need to unscramble the puzzle below!)

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1. uryo recear \_\_\_\_\_ (2 words)
2. nenivavoit \_\_\_\_\_
3. endnietnedp \_\_\_\_\_
4. tmuciynom \_\_\_\_\_
5. iornwsehp \_\_\_\_\_
6. oiutcansltnso \_\_\_\_\_
7. sranimes \_\_\_\_\_

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## OT6 Grad Song - "We're OT6"

To the tune of "Sweet Caroline" by Neil Diamond

Written by: Amanda Cherry and Jonathon Wright

OT6

When we began  
We had no way of knowing  
Knowing how far we'd come along  
Four years of fun  
Four years of pain and sorrow  
Our minds are keen, our wills are strong  
Friends... helping friends...  
Reaching out...  
Helping me... helping you...

We're OT6... 0 - T - 6  
Many hardships we've been through...  
We're OT6... 0 - T - 6  
We can empathize with you...

And.. now.. we..

Think of those profs  
Like old Jim Wells in Med chem.  
With all those crazy graphs and curves  
Crandall was great  
His humor made things better  
With pictures of rectums full of worms

Bugs... lots of bugs...  
Mustn't touch...  
Something moist... that's not yours...

We're OT6... 0 - T - 6  
We wrote four tests in eight days...  
Then we went out... 0 - T - 6  
Drank ourselves into a haze...

But... now... we're...

Almost done here  
And we can almost taste it  
Just seven weeks until we're through  
When we look back  
Yes, we will always know that  
We can pull rope harder than you  
War... Tug-of-war...  
Grabbing on...  
Pulling you... through the mud...

We're OT6... 0 - T - 6  
We can fight through all the pain...  
We're OT6... 0 - T - 6  
In the sun or in the rain, Oh... wo... wo...

We're OT6... 0 - T - 6  
Soon we'll all be pharmacists...  
We've had much fun... 0 - T - 6  
It will all be fondly missed...  
We're OT6... 0 - T - 6  
Soon we'll all be pharmacists...



Congratulations to PHILIP LAM of OT9 for designing the 2005-2006 Pharmakon cover! He has won a copy of the Pharmakon, and his design will appear on the cover of this year's yearbook! Thank you to all the participants in the contest.. it was a tough decision!

STILL haven't bought a yearbook?? Think it looks pretty hot? Well it's not too late! Email Angeline ([angeline.ng@utoronto.ca](mailto:angeline.ng@utoronto.ca)) or Angel ([angelli14@yahoo.com](mailto:angelli14@yahoo.com)) for a copy today!