

The

Monograph

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**What you didn't know about Finland
UPS Points System - Get that P!
Art extravaganza**

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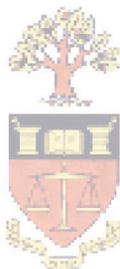
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In pharmacy and interested in contributing to The Monograph in writing, photography, shout-outs, jokes, poetry or artwork? Please contact your class Monograph representative.

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At the time you will be reading this, almost two months of school would have passed and you'll be well into midterms. The Apotex Resource Centre will no doubt be filled with many pharmies with their noses in books, working away at their laptops, or just taking a break and having a good chat while trying to decipher whether an itchy rash is really scabies, psoriasis, lice, acne, atopic dermatitis, contact dermatitis or seborrhoea! (Don't worry 1T0s, you'll understand soon enough...)

The last two months have no doubt been bustling with activity for all four years. The Awards Ceremony commemorated our overachievers, the Phrosh Banquet celebrated the end of the welcoming activities for the first year class and introduced them to their new class council, the Residency Info Night introduced us to the possibility of both hospital and industrial residencies, and we have been visited by CPhA, CSHP, OPA, and a number of other pharmacies, pharmacy organizations, and pharmaceutical companies.

We'd particularly like to draw your attention to an article in this issue about UPS Points. For those of you who may not be familiar with the concept (especially the first years), UPS points are awarded to students who go that extra mile to participate in events and activities around the faculty which may be of a social, athletic, academic, or "other" nature. Please read this article to get an idea of how points are awarded and what they amount to.

On another note, the Pharmacy Phollies is coming up VERY soon. It's our annual variety show and a night filled with laughs and entertainment, so we hope to see you all there.

In the meantime, best of luck on your midterms!

Cheers!

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The articles of the Monograph are not reflective of University of Toronto, the 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 it.

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This may be (perhaps) the biggest art section in the history of The Monograph! Check it out!

Letter From the Editors

We hope that school has been great for all of you thus far! Two months have passed and midterms are already starting to loom ominously ahead. However, we have to take the good with the bad. After all, pharmacy isn't only about friends, parties, events and free lunches (if only it were).

The progression of the school year doesn't only mean stress. It also means that we are that much closer to some eagerly anticipated events such as the Phollies, PDW, info nights, free dinner seminars, drug fairs and SO MUCH MORE!

There is so much to get involved with during any typical week, such as intramural sports, pharmacy choir, and student initiatives, among many examples. 1st and 2nd years, YOU should take the opportunity to have some fun while you still can because it only gets tougher from here on.

Remember, pharmacy is more than a faculty, it's a family. Make friends, hang out, and create memories =).

What better way to create permanent memories than to write to The Monograph? =P

If submitting an article, please include your FULL NAME and CLASS. Send your work to your class monograph reps (info is on the inside cover).

**Tentative dues dates for future submissions are:
Nov. 12, Jan. 14, Feb. 11, and Apr. 1, 2006**

The Monograph is the 'Voice of the Students'. Let YOUR voice be heard! Submit an article to *The Monograph*.

All the best with exams,

**Michelle Chan and Henry Chen,
Monograph Co-editors 2006-2007
Undergraduate Pharmacy Society**



athletics

Athletics started out this year beginning with the annual pharmacy tug of war.

The event was a huge success. Thanks to all those who came out to support your class. Congrats to the 0T7's!!! They won easily against the 1T0's and 0T9's, however, it was a very close one between the 0T7's and 0T8's. To the 0T8's: we came in 2nd but there's always next year!

Women's intramurals is off to a great start. A big thank you goes out to the captains: Stephanie Barnhill (0T7), Lauren Mirabelli (0T8), Janet Chong (0T8), Amy Tam (0T8) and Stephanie Chan (1T0).

In soccer, the pharmacy team reputation from last year was so strong we psyched out both the Innis and Law team. No doubt, we won our first two games easily! Getting up in the morning for the 7:30 games can be difficult but it's all worth it in the end! In div I Volleyball, pharmacy easily beat out UTM in their first game by winning 2-0. There was some exciting action in div II basketball where pharmacy started out pretty rocky but managed to catch up to tie the game against dentistry. It was tight until the very end where we only lost by 3 points. Good job everyone! It's looking to be an amazing year in athletics!

If you live near campus, there's also women's flag football on Saturdays. Recently, pharmacy received a spot in Womens div II volleyball, which will be held on Tuesday nights. All sports schedules are posted on the athletic board in the student lounge. It's not too late to join in on the competition! Just pick a sport and come out! Good luck to all the teams!

- Rosanna Yan (0T8), UPS Female Athletics Director



New UPS Members



Name: Sameer Remtulla
Year: 0T8
Position: President of the 3rd year class
Position Description: To act as a class representative and work with all members of the council to ensure efficient operations of the class council as a whole.
Favourite Pill: CIALIS - because side effects may last up to 72 hours...I say, if it lasts that long, do what the box says and SEE ALICE!



Name: Allegra Connor
Year: 0T9
Position: UPS Webmaster
Position description: I am the vessel through which UPS communicates with the student body! (online, at least^^;) I have to keep the site current and *clean* on a daily basis. Visit www.utups.ca to see if I've been doing my job...
Favourite pill: Since my laser vision correction, all drugs that have gone down my throat started at my eyes. So I have to say Refresh Tears are wonderful oceans of fun!!



Name: Stacy Yeh
Year: 1T0
Position: President of the 1st year class
Position description: Lead the 1T0 council in getting our first year of pharmacy off to fantastic start and also liaise between my classmates, council, and the faculty.
Favourite pill: Advil- because it came free in our phrosh kits and anything that cures "tough pain" is my friend



Name: Laura Narducci
Year: 1T0
Position: Vice-President of the 1st year class
Position description: The 1st year vice-president is responsible for organizing fundraising events throughout the year such as Charity Week and the clothing sale.
Favourite pill: Docusate sodium- they are red and shiny, overall a good looking gel-cap.

ANNOUNCEMENT: PHOLLIES

The moment you've been waiting for is here - tickets to the PHOLLIES are on sale starting THIS FRIDAY!! They're available from your class secretaries at an amazing price of \$8 now, or \$10 at the door. But don't wait till then - there are only *2* show nights this year, so tickets will sell fast! Come on out and support your classmates' amazing talents! Remember that the show nights are Fri Nov 3 & Sat 4th, doors open at 6:30pm, show starts at 7:00!!

Alternatively, you can try your luck for our **2 Free tickets** to a show night of your choice!! All you have to do is submit a poster/cover design with the words PHOLLIES 2006 somewhere on your 8.5x11 design and the winner gets 2 free tickets! Submit to your class secretaries or email to us with your submission (.jpeg or .jpg format please) at ups.events@gmail.com as soon as possible!

By the way...did we mention door prizes at each performance night?

Hope to see you all at the show!

Andrea Fernandes & Evgenia Cheveleva
Undergraduate Pharmacy Society
2006-07 Events Directors Leslie Dan Faculty of Pharmacy
Email ups.events@gmail.com



UPS POINTS SYSTEM

-Habibat Garuba (0T8) UPS Vice President

The UPS points system has been developed to provide incentive for student participation within the Faculty of Pharmacy. It rewards those students who go the extra distance to support their faculty (socially, athletically, and academically) and who can find the time to enjoy all aspects of university life. All points are awarded at the discretion of the UPS Vice-President in collaboration with event organizers.

Below is a breakdown of UPS points that are awarded for certain events. Please note that this list is NOT all inclusive and there may be certain events that arise during the course of the year for which UPS points are awarded. UPS points are *not* awarded for *all* events, so please check with your Class Council or with UPS Executives to determine if points are being awarded for a particular event.

Awards are given out at UPS Awards Night at the end of the year in recognition of social, athletic, and extra-curricular involvement. Eligibility is based on UPS points. Also below is a list of these awards. In addition, UPS points are taken into consideration when UPS recommends candidates to the faculty for the Pharmacy Alumni Undergraduate Award given at the Faculty Awards Reception in September.

If you have any questions about UPS points, please feel free to contact me: habibat.garuba@utoronto.ca.

SPORT POINT ALLOCATIONS

Varsity Player (<i>U of T team, not just Pharmacy team</i>)	15 points
Intramural Player <i>For seasonal and co-ed leagues, requires attendance at 2/3 of games. Add 1pt if team makes playoffs, plus 1 pt for championship. Leagues that span two terms will be considered as 2 sports</i>	5 points
Coach <i>Value to be determined by Athletic Reps after consultation with team. Multiple coaches who alternate responsibilities will be limited to 3 each</i>	Maximum 5 points
Team Representative	1 point
Tournaments – one day event	1 point
Tournaments – two or more days	3 points
Athlete of the Month	1 point
MVP for each respective sport	1 point

UPS COUNCIL MEMBERS, CLASS COUNCIL, COMMITTEES

Note: Only members who have attended 75% of UPS meetings (75% of first term meetings for 4th years) will be awarded their UPS points for their respective positions, at the discretion of the UPS Points and Awards Committee.

UPS President	35 points
UPS Past-President	5 points
UPS Vice-President	30 points
UPS Senior Finance	25 points
UPS Junior Finance	20 points
UPS Male and Female Athletic Reps	25 points
UPS Co-ed Athletic Rep	25 points
UPS Senior CAPSI	25 points
UPS Junior CAPSI	20 points
UPS Executive Secretary	20 points
UPS Senior External Affairs	25 points
UPS Junior External Affairs	20 points
UPS SAC Rep	15 points
UPS Social Director	25 points
UPS Events Directors	25 points
UPS Yearbook (Pharmakon) Editors	25 points
UPS Newspaper (Monograph) Editors	25 points
UPS Webmaster	20 points
UPS Speaker	15 points
2 nd , 3 rd , and 4 th year Presidents	25 points
2 nd , 3 rd , and 4 th year Vice-Presidents	20 points
1 st year President	20 points
1 st year Vice-President	15 points
All other Class Reps	5 points
Grad Committee Chair	20 points
Grad Committee Helpers <i>At discretion of UPS VP and Grad Chair</i>	Maximum 10 points
Committee Liaison Members (CAPSI National)	5 points
Committee Liaison Members (OPA, MPTA, CSHP, CPhA etc)	2 points

ACADEMIC POINT ALLOCATIONS

First Class Honours (3.5 GPA and over) <i>With Full Courseload</i>	7 points
First Class Honours <i>With Exemptions</i>	5 points

GENERAL POINT ALLOCATIONS

Phrosh Week Helpers Given at the discretion of the 2 nd year Vice-President, all class council excluded	Maximum 3 points
CAPSI Events Includes Patient Counseling Competition, OTC Compounding Competition, Student Literary Challenge etc. Given at the discretion of the Sr. CAPSI Representative. Add 1 point if individual/team wins at the local level. Add 1 point if individual/team wins at the national level.	1 point per event
UPS and Class Events, Other Social Events Includes charity week events, Tug-of-War, Health Fair, Pharmacy Awareness Week, Boat Cruise, ProFac, Semi-Formal etc. At the discretion of coordinator and UPS VP or class council. For events that are listed as a duty on a council member's portfolio, they shall not receive a point for that event.	1 point per event
Monograph At discretion of the editors for those who submit material or contribute to the preparation of these publications. Monograph reps are eligible for max. 4 points/year above and beyond normal duties.	1 point per issue
Pharmakon At discretion of the editors for those contributing to the preparation of the yearbook.	Maximum 4 points/year
Phollies At the discretion of the Events Director for participants, backstage help, and technical support.	Maximum 4 points

FACULTY PARTICIPATION AWARDS

AWARD	DETERMINED BY...
<i>Athlete of the Month</i>	Athletic Representative
<i>MVP</i>	Team members
<i>Dr. Murray Freedman Award</i>	Highest male and female sports points earned in 1 year. Jock McCrossan takes precedence
<i>Jock McCrossan Award</i>	Male and female with most sports points in all 4 years. Varsity points included. Athletic Representative points not included.
<i>SDM</i>	Class with most people earning 6 UPS points
<i>Patient Counselling</i>	CAPSI judges
<i>Phollies</i>	Events Directors
<i>Doc Kennedy Charity Award</i>	Class raising the most for charity
<i>Walton</i>	350 UPS points
<i>Dean's Award</i>	200 UPS points
<i>Plaque</i>	130 UPS points
<i>Pharmacy "P"</i>	70 UPS points
<i>Social Participation</i>	55 non-academic/non-sports points
<i>Executive Award</i>	75% attendance of UPS Executive meetings
<i>Coach of the Year</i>	Athletic Representatives
<i>Appreciation Gifts</i>	UPS Vice-President
<i>Tug of War Award</i>	Class winning the annual Tug-of-War
<i>President's Gavel</i>	Awarded to UPS President
<i>Whitehall Robbins Award</i>	Awarded to UPS President

Dean Donald Perrier Award of Professionalism

Student and Faculty Nomination

Donald Perrier served as the Dean of the Faculty of Pharmacy from 1986-1998. This award was created to commemorate his contribution to the practice of pharmacy, especially his effort in advocating the student role in the profession. This award will serve as a reminder to future generations of the power of students to influence to influence and shape the profession of pharmacy.

Criteria

To be awarded to the fourth year student deemed to have made the greatest contribution to organizations and councils with the goal of advancing the practice of pharmacy. This involves involvement in pharmacy and health organizations such as CAPSI, CPhA, UPS, OPA, CSHP, IHP, OCP, MTPA, and others.

Selection

- Nominations can be made by any faculty member or pharmacy student (self-nomination is allowed)
- Information to be included for the nomination is the name of the candidate, positions and memberships held, and a description of the activities that the student was involved in to promote the profession of pharmacy and/or the role of students in pharmacy organizations.
- In case that no nominations are put forth, the UPS Points and Awards Committee will nominate a candidate.
- The selection of the winner will be made by a committee of five members including the UPS President and four association members or faculty. The chair of the committee is the UPS Vice President who will select the committee members. A copy of the nomination will be sent to each voting member who will then notify the UPS Vice President of their choice of a winner.
- The award will be presented at the UPS Annual Awards Night.

IPSF Exchange: Finland

Did You Know?

-Cynthia Cho-Kee (0T8)

WHAT ARE STUDENT LOANS?

Finnish university students do not pay *ANY* tuition! Not only do they get *FREE* education, if their income is less than 505€ per month (about \$750), the government *PAYS* them 434.71€ monthly for housing and food expenses! The students' society in Finland is currently working on increasing their monthly "allowance" because with rising rent prices, the equivalent \$630CDN just isn't enough anymore.



PHARMACY FROM THE FUTURE?

A few high-volume pharmacies in Finland have a multi-hundred thousand euro tube system (commonly called the "pharmacy tube post") which connects the pharmacists in the dispensary to another separate room where medication is stored. Once the pharmacist types in the prescription and starts to counsel, the medication, ready to be dispensed, appears in a tube right beside them!

HOLY SAUNA!

Finland averages 1 sauna (properly pronounced *soow-na*) for every 3 people in the country! This traditional pastime is enjoyed by young and old alike. Sometimes, similar to the Polar Bear swim in Toronto, a sauna trip in the woods is followed by a freezing cold dip in the Northern Baltic Sea. Most homeowners have a sauna in their houses and use it to relax and detoxify the body.

POOR RUDOLPH

Reindeer are not only real animals, but Finns eat them! Usually sautéed, reindeer can also be smoked, cooked, baked, jerky, canned, flamed or fried! In my opinion, this meat is darker than most meats and has a very strong distinguished taste.



CALLING ALL MEN 18-29

All males in Finland between the ages of 18 and 29 must serve in the Finnish army for 6-11 months or work as a civil servant for at least 1 year. If they do not fulfill this requirement, they are arrested and put in jail! Females, on the other hand, aren't required to do anything.

AND THEY'RE ALLOWED TO DO THAT?

Paranova, an international drug company, makes money by buying medication from the country with the lowest price, repackaging it with their brand name on it, and selling it to other countries in Europe. They can do this with drugs that are on or off patent.

BUT WHAT ABOUT CHEW AND PARK?

Since December 2005, Finland's authorities have allowed nicotine replacement therapy products to be sold in convenience and grocery stores nationwide. Surveys in Denmark showed that this change in legislation caused an increase in nicotine replacement therapy sales but no decrease in cigarette purchases. So now the question is, how effective will it be without appropriate guidance?

MALE PHARMACISTS – A DYING SPECIES?

Thought that our 25:75 male to female ratio was a coincidence? Actually, in some European countries it's worse! In Finland's Bachelors program it is closer to 10:90 and at the University of Geneva it's 20:80.



image from:
http://www.kenston.k12.oh.us/khs/just4fun/who_am_i/rudolph.jpg

“On Losing the Lottery”

-Allegra Connor (0T9)

During the summer, I worked part-time at the new Dollarama, located on Queen and Sherbourne. Towards the end of my employment, an employee decided to organize a pool to purchase a ticket for the 42-million dollar 649 lottery. All the employees on shift that Friday afternoon participated, except me, as I declined, firmly believing the lottery to be the tax of the stupid. Two days later, I was interviewed by 680 News and the National Post, on how it feels to be the loser who missed out on 10.8 million dollars! At first, as can be imagined, I was exceedingly regretful, but now not so much. Although the other non-winning employees were lamenting not having participated, they were not offered the opportunity as I was, and hence can have no regrets. However, what they have is a feeling of having been treated unfairly, and since I have the unique perspective of having only myself to blame, I will cry out on their behalf.

In all equivocal workplace pools, all employees are offered to take part. All employees in our store stocked the entire store together, and work together daily. As the assistant-manager told me three days after collecting her fat cheque, "We are one big happy Dollarama family." However, she failed to consider and provide for her family. What is even more unfair is that one employee was remembered. One of the "winners" was not on shift, and was telephoned and asked if she wanted to play. Why that one and not another? One hard-working management employee

lives right next door, and she was not even given a second thought. She is the only member of management who did not win, and the others have no intention of sharing. Of course, if all these proper considerations had been made, the timing would have been way off, and the quick pick numbers would have been totally different. Nevertheless, now that they have won, the cloud of inequality lingers over our heads.

While it is true that the winners needed the money, some of those that were not given the chance to participate are still deeply in debt. One employee owes OSAP about \$20,000, with a father in the hospital and a disabled mother. The interest on his loan continues to accrue. Ironically, his father has been playing the lottery for 50 years and never won a penny! Because he also owes his college money, they have withheld his degree, making it impossible for him to find a good job to pay off his debts. He feels deeply bitten by the irony of his situation.

The inequality is felt more and more daily, as the bitterness between the winners and the others increases. Not to mention the fact that the rich ones will from now on always suspect people of liking them or being nice to them for their money. The problem is that everyone knows they won. They are now cursed to sleep the rest of their nights with one eye open. What is most annoying of all is the recent huge increase in rudeness of the customers because they think that all the employees are millionaires. The poor employees accept abuse on behalf of the rich ones. Therefore, I no longer regret not having participated in a game that rewards its winners with jealousy and negativity. If the ultimate goal in life is to seek happiness, I would certainly not have found it while sleeping with one eye open.



Learn - Experience - Make a Difference Through the Ontario Pharmacists' Association

Some benefits of membership:

- Profit from networking opportunities
- Access the members only section of the OPA website
- Access affordable insurance for your car or home
- Attend Conference 2006 at a significant discount
- Receive subscriptions to publications with relevant, current educational content
- Save money on Bell Mobility, the Science Centre, Hockey Hall of Fame and more

OPA Student Reward

For every year that you are a student member with OPA, you will receive a \$50 gift certificate. This certificate can be used towards your OPA membership fees once licensed.

Join today - call Wendy Furtenbacher, OPA's Membership Coordinator at 416-441-0788 x 4224 to register.



External Affairs and UPS

Presents...

The External Affairs Student Writing Award

Two annual awards which recognize students who promote and raise awareness about opportunities offered by OPA and CSHP (1 award for each organization)

Criteria:

- student member of either CSHPA or OPA
- completion of an article submitted to the Monograph between September-April which is about a service provided by the organization that you are a member of
- Examples include conferences, CE events, social events, other membership benefits etc...

Award value:

- a 1 year membership in the organization
- a plaque with your name on it presented to you at the UPS awards night in April

Questions?

cathryn.sibald@utoronto.ca or angeline.ng@utoronto.ca

How to do good in Pharmacy if you're ridiculously good-looking and can't read too good

- Matt Fong (0T9) Monograph Rep



So many people have come up to me to ask me, "What is your secret?" and by 'so many people', I really mean no one. But despite the apparent lack of interest from my many peers, I decided to let everyone in on my secrets to achieving in Pharmacy, both academically and professionally. It will require too much time and effort for you to master the art of mastering the art of 'pharmacy-ing', so I've put together some key tips to help you get started.

1) Learn big words.

Half of what it takes to look smart is being smart. The other half is actually just looking like you are. If you can get that part down, you're pretty much set. For example, if you're at work in your pharmacy and someone asks for something for an upset stomach, you throw down 'Are you experiencing any borborygmus?' and you're set. They'll probably think you're the smartest guy in the world or the biggest jerk for using words you know they don't understand. Either way, they'll think you know more than you actually do. Other words to keep in your vocabulary arsenal are: dysuria, dyspareunia, basically anything beginning with dys- and ending in -ia. If you can't think of any, make them up, like dyscrammorrhia.

2) Make friends with the smart kids.

These are easy to spot because they always raise their hands in class. So while everyone is looking at the prof. after he/she asks a question, look around to see who is going to be your next bff (best friend forever). These new 'friends' will be a great source of much needed information, like when the next exam is, or what the answers are for that troublesome problem set that's due in an hour. On the plus side, after

you graduate and are trying your very best to make ends meet, you can always find them and work in one of the many pharmacies they're bound to own.

3) Make friends with the Asian kids.

If you have trouble figuring out who the smart kids are, just make friends with the Asian kids. Most of them fit in the 'smart kid' category anyway. On top of getting good grades and keeping extremely tidy notes, they know how and where to get some killer food. Mmmm....Cha siu bow.

4) Know when to take breaks.

It's extremely hard work being ridiculously good-looking all of the time. Sometimes you just need to sit back and enjoy the moment. And there's no need to worry. As long as you have fantastic and wonderful, smart friends you'll never miss a note. Remember, thinking too much will give you wrinkles... probably. This ties into my next point...

5) Don't lose your looks

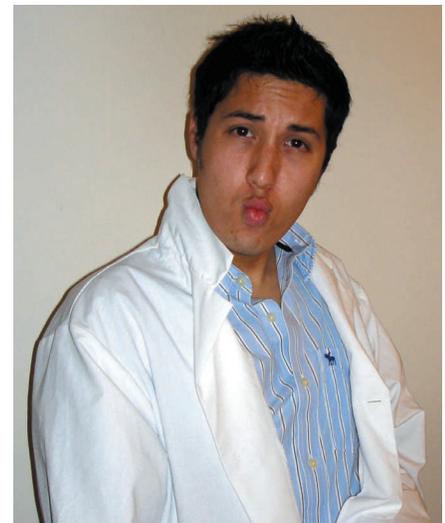
If you don't know what to say to your customers/patients at least you'll look so good. Think about it...wouldn't you think it's really, really important to receive life altering drugs from a ridiculously good looking person? You know, to soften the blow. This on top of an excellently timed empathy statement can get you away with practically anything. This is also important because the things you say are more believable, something that is especially important when you are using made-up words.

6) Keep it in the family

No, not like that! I mean, if you can't be a successful pharmacist, the trick here is to marry one. Then convince them to open up a pharmacy with your name on it. From then on you can brag to all your friends and pretend to be a great pharmacist.

7) If all else fails, Blue Magnum always works!

OK. So maybe, Sibbald might not appreciate it that much during panels, but trust me it gets the job done pretty much everywhere else. Tried, tested and true...



The 'Much Anticipated' New Pharmacy Building

-Jason Lam (0T7) Monograph Rep

Isn't the new Leslie Dan Faculty of Pharmacy building awesome? I mean, not only is this glistening tower a symbol of our great significance in health care and mainstream research but it is also implanted right in the heart of Toronto's academic and political community. And, it's got a Starbucks now! It makes me cry a little when I emerge out of the dank and miserable underground tunnels and see the building soar ever so high. But like my grandmother once told me, "You can't expect both ends of a sugar cane to be as sweet." Of course she was trying to describe my life but I figure the proverb can relate to anything including glass towers. So let's take a closer look at this 75 million dollar behemoth and highlight, if not the problems, the little idiosyncrasies that make you go hmmm and then laugh a little.

Let's start off with one of the more obvious quirks. No... not the pods, we'll get to those later. It's the glass! Wall-to-wall glass! Walls made of glass, doors made of glass, glass made of glass. It's crazy and fun right? But where's the privacy? Every time I walk by the meeting room in the lobby or the study rooms above that you're studying in, you look up at me and I look at you. Where in that entire transaction are you actually studying? And with a traffic flow of more than 10 people per minute, I doubt you're studying much. Unless you're an "exhibitionistic studier" (which I know some of you are), I really see no benefit to the glass walls there. Now let's say I finish waving at you while you're "studying" and I make my way further down the corridor and see this really nice looking girl. All blood flow diverts to my...eyes, and then **WHAM!** Face, meet glass. Glass doors and walls that have no indicative markers or patterns pose serious obstacles to both birds and people. There's no need to deny it, I see the oil imprints of faces on glass doors and just know that I'm not the only one who walks into them. Let's stop the madness!

Next, let's examine vertical transportation in the building (i.e. elevators, stairways, and base jumping). **Two** main elevators for a 12 storey building?!?! Are you kidding me?!?! Now I'm unsure about the math, but that would be 6 times the headache and frustration (you're right, I don't know my math). So these elevators never come and they're pretty small. Traffic flow is horrible when the waiting areas in front of the elevator are small and near a main traffic artery (like on the main floor). So let's take the stairs then. Oh hey, the glass panels have a Pokka dot pattern...interesting. But then all of a sudden the 8th floor becomes inaccessible because of a steel cage door. This door looks surprisingly depressing. It actually makes me feel like I'm in a prison. But not to worry, you can't walk into this door. This one makes it perfectly clear to you to stay on your side. Who knows what those scientists are scheming up there. Finally, our building is perhaps one of the few buildings I know where you can successfully shuffle off this mortal coil by diving feet first. The hollow-centered design of the building

provides the means for someone to plummet straight down to the basement while admiring the scenery outside along the way. The only solution I have to this problem is to follow the original theme and just glass the corridors up. That way, the would-be-jumper and you can have a good laugh after he tries to go for a headlong dive on the 12th floor.

And for a design concept that's supposed to be airy and open, it doesn't feel that way at all. The corridors are pretty narrow and I can hardly do cartwheels in them. Except for the basements, there really isn't an open feeling anywhere else. The lobby would seem spacious but with the pods dangling above, it loses that atmosphere. Weird, eh? Maybe the building was designed to give you only an illusion of spaciousness. Contemporary architecture: something I probably will never understand when I'm old because I don't get it now.

Alright, this is the one quirk you've been waiting for: the pods. You either love them or could care less. The ambient night lighting on them does give you that spacey, clubbing experience minus the cheap cologne and vomit. But other than that, do they really serve a purpose? Do we actually learn better when we think outside the box and inside a sphere? Who knows...I honestly could care less because neither do I have classes in them nor would I kid myself that I could study above the pod. What I do care about are all those pesky non-pharmacy students and other amateur photographers who like taking snap shots of our building (especially the pods). It's not because they try to dupe you into thinking they're pharmacy students or sneak in restricted access points after you. It's because we're not making money off of them! If Shoppers Drug Mart has taught me anything about succeeding in life and love(?), it's that we need to monopolize the market and flood it with our own services. Why not charge them for their visit or take our own professional photos and sell them to others. That way a pharmacy student needn't pay additional fees for services like, oh say, access cards or printing. Hmmm.

All these little idiosyncrasies can be quite annoying and put together, may suggest that not everything was thought thoroughly with practicality and good use of space in mind. There may be more quirks that you can think of that I was unable to write about in the span of this article. However, none of it really matters if you ask me. It's all worth it when you climb to the 12th floor and survey all the hustle and bustle out below. You feel like a god among ants.



Those Were the Days...

-Lauren O'Connor (0T8) Monograph Rep

Yes, it's that time of year again....midterms, labs and that aching feeling that December is just too far away, and May is barely a photon at the end of a long tunnel. So what better time, in my opinion, to reflect on days gone by (at least it takes some thought away from days to come)? Whether you spent some time in the old building and recall what it was like, or you are new to the faculty and will never know, hopefully this article will remind you of what you miss, or missed out on.

Remember the library? With its progressive lack of books and abundance of chairs and tables...you hadn't experienced a pharmaceuticals lab until you tried to write one in there. On any given Monday or Friday morning, you could witness it – the pharmacy obstacle course trials. The littering of every corner with random goggles and calculators, the clamoring over chairs, the yelling of lab values to partners at the computer, and the scramble for the printer to make sure no one else printed on your paper. Let me tell you – this was no spectator sport, either, you were an active participant as soon as you entered the library – and became the obstacle that had to be negotiated by the lab coat-wearing second year, running out the door at fifteen seconds to one, in hopes that their TA hadn't left yet. (I swear it would not have been unfit for the Rocky theme to have been playing in the stairwell as the last lag of the course culminated with the sprint up those two flights to the fourth floor). Yep, half the fun of pharmaceuticals labs was definitely the library.

That also reminds me – the free printing. Wasn't that a perk of the old building? I definitely prided myself on being part of the faculty that – as long as you provided your own paper – allowed you print all your

learning materials without the pain of having to run all the way to Robarts to put money on your T-card. This made paper the currency of choice in the building, and there was nothing like that feeling of goodwill you experienced when you accidentally used someone's paper, and upon offering them another piece they smiled and refused. The printing was really a lifesaver when you realized that you forgot to print that day's notes, or conveniently ran out of ink the night you were printing an assignment. It was also a perfect ice-breaker to start a conversation with students from upper years who saw the notes that you were printing...and felt compelled to give you tips (most likely out of sympathy – especially if you were printing medchem). Maybe it's just me, but black and white printed notes from home just aren't the same as those printed in the old building.

Another way to get to know your fellow pharmacy students was in the lobby of the old building. What better way was there to get personal and rub shoulders with your colleagues than to try to maneuver your way through a crowd who was picking up nametags, looking at clothing samples, or voting at lunchtime in the lobby? Granted there were some casualties – stepped on feet, people who were hit with the ill-placed swinging doors, there was nothing that made you feel closer than trying to fit five hundred people together in an area smaller than the library. While the new atrium is definitely nicely decorated and spacious, it just doesn't have that cozy feel of the lobby of 19 Russell Street, does it?

Call me nostalgic or anti-progress but I just can't seem to forget those good times in the old building...wait a minute...maybe the new building isn't so bad after all...I mean we can buy coffee without going outside... granted we can't drink it...but hmmm this ambivalence can only mean one thing...I may have been thinking entirely too hard about this...and it may be time to focus my attention to Therapeutics...

ANNOUNCEMENT:

The Asian Pharmacy Society

The Asian Pharmacy Society (APS) is a SAC recognized student group that brings social and educational activities to pharmacy with the intent of promoting Chinese culture. Last year, APS hosted a Chinese New Year dinner and an educational event regarding industrial pharmacy. APS also organizes the annual fortune cookie-o-gram sales.

The Asian Pharmacy Society is the student chapter of the Chinese Canadian Pharmacists Association (CCPA). The Chinese Canadian Pharmacists Association is the pharmacy section of the Federation of Chinese Canadian Professionals (FCCP).

The CCPA is a group of pharmacists who are interested in organizing continuing education and socials for its members and outreach events to promote the profession of pharmacy. Through these activities, CCPA hopes to bring together pharmacists from various fields so that they may share their experiences and improve the practice of pharmacy.

Membership for pharmacy students is FREE. Please send your name and class to asianpharmacysociety@gmail.com if you are interested in joining any of the groups mentioned above.

FOODFOOD



Industrial Pharmacy seminar



“Seeing Red”

- Bonnie Thieu (0T9)

Discretion is advised...scary story

<originally told by Some Korean Guy in my summer class>

There was once a travelling salesman who had been working all day in a remote little town. As the night approached, he began looking for a place to stay. Luckily, he came across a boardinghouse just as it got dark. As he entered, he was told by the landlord that he was a fortunate fellow, because they had just one vacant room left.

After settling into his room and unpacking his things, he heard a beautiful voice of a woman singing softly in the room beside him. Coincidentally, he saw a small hole near the bottom of the wall. So his curiosity got the better of him and he knelt down onto his knees and took a peep through the hole. In the adjacent room, he saw a woman with long, dark hair, sitting at her dresser, facing away from him. From what he could see, she had a rather attractive physique, so his curiosity and interest grew a little more. Nonetheless, he got up and continued putting around his room getting ready for bed.

Later into the night, the singing stopped and so he decided to look through the hole in the wall again. Surprisingly, all he could see this time was red. Just the colour red and nothing else. He was mildly alarmed, but he quickly brushed it aside thinking nothing more of it.

The next day, he got down on his knees again to take another look, and again all he saw was red. Gradually his curiosity grew and he repeatedly checked the hole throughout the day, each time seeing the same deep colour. Finally, he went downstairs to talk to the landlord.

“Excuse me sir, but is it alright if you tell me who is living in the room next to mine?”

“There’s no one living in that room, it’s been vacant for a long time now.”

“But I thought you told me last night that the boardinghouse was full!”

“Well, it was my daughter who used to live in that room... but she died a long time ago and I haven’t let anyone else use that room since.”

At that last comment, the salesman felt rather spooked, but he continued to chat with the landlord about his dead daughter. The landlord wistfully spoke of how talented she was and boasted that she was so beautiful that heads would turn wherever she went. After a while, the manager paused and added:

“There was this one rather strange thing about her though: her eyes were completely red.”

Have a happy hallowe’en my lovelies!

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What I learned (and actually retained) from first year

-Elaine Tam (0T9)

CHM 138: Night classes suck.

CHM 247: Benzene is my best friend.

PHM 223: Umm...this course was supposed to prepare us for pharmaceuticals?!

PHM 122: The bell curve is the most ingenious concept ever to emerge from the study of statistics.

PHM 120: Sudoku and crossword puzzles are extremely mind-stimulating. Pillows are nicer though.

PHM 127: Always say, "That must be frustrating to the point that it's simply unbearable!" *Never EVER* say, "YOU are frustrating to the point that you're simply unbearable!"

PHM 150: Drugs 101: Everything you ever wanted to know about alcohol, marijuana, cocaine, ecstasy, and crystal meth (but not Tylenol).

PHM 128: Page 11.

PHM 129: Way back in the good ol' days of first year, PPLs used to be fun.

ANA 200: In order to process the sensation of a pin prick, a signal must travel from first order neurons, whose cell bodies lie in the dorsal root ganglia in the parasympathetic nervous system, to the central nervous system via the dorsal roots to synapse onto second order neurons, whose cell bodies lie in the dorsal horn of the spinal cord and whose axons decussate in the ventral white commissure and ascend the spinothalamic tract of the ventrolateral funiculus to become the spinal lemniscus in the brainstem, in order to synapse onto third order neurons, whose cell bodies lie in the ventral posterior thalamus and project onto the primary somatosensory cortex in the postcentral gyrus.

LMP 232: Come on everyone, repeat after me! (All in unison): "IF IT'S MOIST AND IT'S NOT YOURS, DON'T TOUCH IT!"

News from the world of Pharmacy and Medicine

-Mayce Al-Sukhni (0T7)

A cure for all that ails you

In what seems to be a bid to become a legitimate panacea, the antidepressants known as selective serotonin reuptake inhibitors (SSRIs) may soon be used for two more indications. SSRIs already have an impressive portfolio of indications, including but not limited to depression, bulimia nervosa, panic disorder, post-traumatic stress disorder, and generalized anxiety disorder. Now, two new unrelated studies present even more positive news. Scientists at the Forsyth Institute in Boston have found that Prozac (fluoxetine; a SSRI) increases bone mass by inducing the formation of new bone and reversing total bone loss. Another study, published in the *Journal of Clinical Psychiatry*, suggests that women experiencing moderate to severe premenstrual syndrome (PMS) may benefit from SSRI therapy. Research had previously focused on using SSRIs to treat women with premenstrual dysphoric disorder (a more pronounced condition, characterized by severe mood swings); however this new study shows that women with the less severe syndrome of PMS can also benefit from antidepressant therapy. SSRIs continue to be investigated for the treatment of other disorders including migraine prophylaxis, neuropathic pain, and alcohol dependence. Stay tuned!

“Do two pushups and call me in the morning”

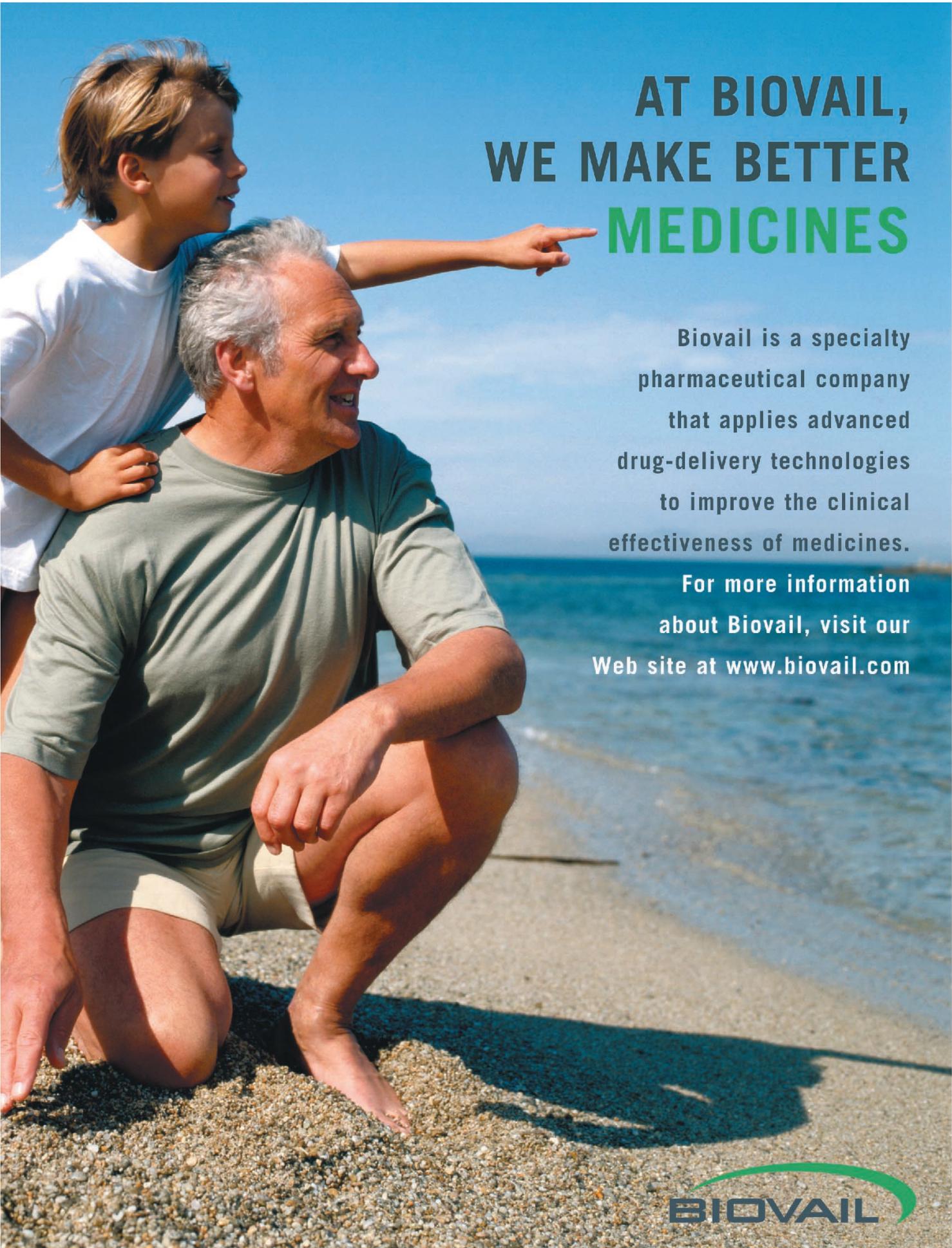
While many older adults have become accustomed to receiving prescriptions for everything from anti-depressants to pain-killers, they may have to get ready to receive even more scripts. According to a recent study published in *American Family Physician*, it is recommended that physicians use “exercise prescriptions” to

promote exercise to older adults and ensure that such recommendations are not neglected during routine office visits. These “prescriptions” would explicitly instruct patients as to what type of exercise to do, how often, how hard, and for how long. A novel idea, certainly, but are there any pharmacies that dispense exercise?

Why pay more for the ‘same’ thing?

A study published in the *American Journal of Managed Care* has found that American seniors with low incomes or no prescription coverage are *less* likely to use generic drugs than their more well-off counterparts. The Mount Sinai School of Medicine researchers focused on anti-hypertensive medication use by seniors, and their results showed that older patients often use costly brand name drugs instead of opting for generics. It was concluded that physicians should take an active role in informing older patients about the availability of lower-priced medication options. I say that pharmacists have an even greater responsibility in this regard, as they are the gatekeepers of medications and are in an optimal position to teach older and younger patients alike about drug costs.





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BIOVAIL

Pharmacists: An International Effect

-Andrea Narducci (0T8) UPS President

Pharmaciens Sans Frontières/Pharmacists Without Borders (PSF) is a humanitarian organization that is committed to serving vulnerable societies in third world countries. PSF assesses the needs of underprivileged populations that are enduring situations of armed conflict, distress, or natural disaster. Their goal is to supply essential medications and medical supplies, organize medical distribution networks in these countries, and assure the proper management of these medications. This international association, comprised mainly of pharmacists, is widely recognized by the global health community.

The PSF international head office is located in Clermont-Ferrand, France, and the organization is present in many European countries, such as Italy, Switzerland, Poland, Luxemburg, Spain, Holland, and Belgium. The Canadian branch, called PSF-Canada, was founded by Quebec pharmacist Hubert Brault in 1994.

PSF-Canada's dedication, competence and expertise have earned them a well-established reputation in both Europe and in the countries where PSF missions are taking place. Canadian pharmacists have worked on PSF projects in:

- Afghanistan
- Tajikistan
- Bosnia
- Haïti
- Kosovo
- Macedonia
- Montenegro
- Albania
- Ecuador
- Democratic Republic of Congo
- Palestine

It is without question that the motivation and commitment of this organization is inspiring. Since its' inception in 1994, PSF-Canada has never stopped moving forward. Their worldwide initiatives have had an impact on a great number of people, and they have a variety of missions planned for the upcoming 2007 year. For more information on this pharmacy organization, please view their website:

www.psfcanada.org

Representatives from PSF Canada will be holding a presentation at our Faculty in November. In order to tailor the presentation to the interests of UofT pharmacy students, PSF would appreciate it if you could forward any questions that you may have to them prior to the presentation. Please send your comments and questions to: psfontario@yahoo.ca

MY PERSPECTIVE

-Christobelle (1T0)

Allow me to introduce myself. I'm a first year (1T0) pharmacy student who just moved to Toronto for the first time. I grew up in a small city and did my undergrad at the University of Waterloo. I love to read and write so I thought I'd give writing for the monograph a try. My specialty is opinion pieces and just writing about my thoughts. I love getting feedback from the articles as well so feel free to agree or disagree or just express an opinion.

MY PERSPECTIVE: Life in Toronto thus Far

Moving to Toronto has split my life into two parts: school life and Toronto life. The school life has been absolutely wonderful for the most part, but it's the Toronto life that has me in dispute. Allow me to elaborate.

Growing up in a small town, I always wanted to move to "the big city". The image and depictions that the city had always portrayed seemed mesmerizing. Now that I'm here, it's different. Something I can testify for is that it is definitely big. But as far as how I feel about it, I can't say I like it too much. Toronto is such an intense city. So much, in the sense that, I find people walk around so wrapped up in themselves and their lives that they don't care about anything else.

Here's a quick example: I was on a crowded bus the other day when this old man struggling with a cane comes on. The first three seats are occupied by two young men, who I presume to be about 20. Now notice, I said 3 seats and only 2 young men. These two gentlemen were soooo into their conversation about god knows what but neither of them had the decency to move over so this poor old man could sit down. That was when I first started to shake my head. But there's more. Across from the two boys is a girl, about 12 years of age I would guess. She looks at the old man, then to the boys and also shakes her head. She then gets up from her seat to tell the old man he could have her seat.

The whole experience made my heart sink and rise at the same time. In one corner we have two delinquent young gentlemen who don't have any common decency because they are so wrapped up in their own world. It makes me a little sad. But on the other hand, we have this well mannered child who is mature and sensible enough to see that something is wrong and has the guts to correct it.

These people along with people like us are the ones who will grow up to "control the world" one day. So it really makes me question people. And okay, I do realize that not everyone in Toronto is like this and I am in no way bashing the people. I'm just saying there are different types of people in this world.

So that's all. It's just something to think about.

-Christine Truong

The Dispensary

-Josh Lieblein (1T0)

This marks the inaugural installment of “The Dispensary”, the only section of *The Monograph* to be verified by multiple scientific [sic] sources. Everything written in the Dispensary is 100% true, factual, actual, veritable, and unquestionable. To challenge the veracity of anything written in The Dispensary would be like sabotaging the brakes on Grandma’s electric cart: it just isn’t done.

It is the humble and principled opinion of this compiler that The Dispensary is the finest compendium of Pharmacy News in all the land, perhaps even the known universe. It is hard to imagine how the University of Toronto’s Faculty of Pharmacy managed to get along without it. Refer to Figure 1 for a detailed assessment of the change in the *Monograph’s* awesomeness level after the desperately needed addition of The Dispensary to its pages:

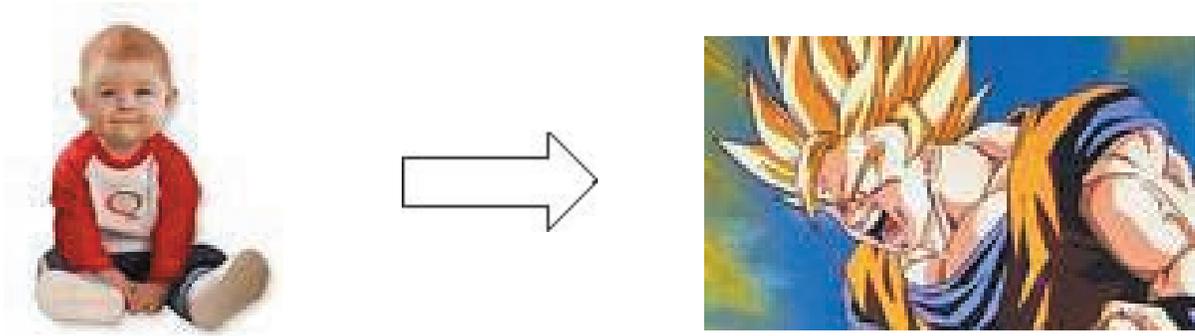


Fig. 1: Highly scientific [sic] diagram of *The Monograph’s* awesomeness level before and after the addition of *The Dispensary*

Before

After

Despite the potentially life-altering implications of any particular Pharmacy student having his or her name mentioned in The Dispensary, it will not be done in this issue because the honour may prove too great for some. If any brave souls feel they are up to the challenge, they may contact the humble compiler at his e-mail address, which is given at the bottom of this article.

Pharmacy Students Still Being Welcomed and Congratulated by Faculty Members Well into the Middle of October

As of the writing of this article, the Class of 1T0 has been welcomed to the new Faculty of Pharmacy approximately 87,412 times. The students have also been congratulated for being chosen to enter the Faculty an average of 987 times/minute, which translates to an average of 16.45 times a second. The fact that the class of 1T0 has been attending classes for upwards of a month and have mostly gotten used to life in the Pharmacy Building does not seem to be affecting this trend.

“We understand that the students may be unable to believe how fortunate they are to have entered the profession,” a representative of the Faculty of Pharmacy Administration said. “Imagine winning the lottery, being nominated for an Oscar, and getting to spin the big wheel on *The Price Is Right* all in one day, and then multiply that times infinity, and you begin to get some idea of how lucky these students are to have entered the Faculty of Pharmacy at U of T.”

The Faculty of Pharmacy Administration has also embarked on an aggressive campaign of repeatedly letting the students know that they have been inducted into a professional community, which is “characterized by an entry into a community of professionals”, according to faculty members. While some may argue that the professionalism aspect is well understood by most students, the Faculty does not appear to be leaving anything to chance.

“Repeatedly informing students about the ‘professional community’ is an excellent way to keep their self-esteem intact when the med students make fun of them for earning less money,” Faculty representatives said.

Professor Crandall Devotes Entire LMP232Y Lecture to Screening of *Saw II*

LMP232Y lecturer Ian Crandall has turned to Hollywood gore flicks in his quest to make the Class of 1T0 lose their collective lunches. His decision to screen *Saw II* has been greeted with enthusiasm and some nausea by the student body.

continued on page 18

continued from page 17

Crandall has also reportedly been considering replacing the labs in the spring term with a series of fiendishly intelligent death traps from which students must escape. Doing so, he says, would literally make passing his course a do or die situation.

Makers of “HeadOn” Express Displeasure: Pharmacy Curriculum does not teach Shorthand Notation for “Apply Directly to the Forehead”

Miralus Healthcare, the makers of the popular headache remedy HeadOn, have registered a formal complaint with the Faculty of Pharmacy stemming from the fact that the Class of 1T0 has not been taught a specific abbreviation for the route of administration for medications such as HeadOn, which are typically applied directly to the forehead.

“There’s ‘po’ (by mouth), ‘ou’ (both eyes), ‘as’ (both ears), and even ‘top’ (topically), which is pretty close, but none of these abbreviations properly convey the message of ‘Apply directly to the forehead’,” a Miralus Healthcare representative said. “A pharmacist’s failure to indicate that tubes of HeadOn should be applied directly to the forehead could be catastrophic. People could potentially treat their headaches by applying HeadOn directly to their upper thighs or abdominal areas.”

The Faculty of Pharmacy is expected to counter the complaint by pointing out that the HeadOn commercials themselves claim that “HeadOn is available without a prescription”, which eliminates the need for a clarification of the route of medication administration in the first place.

That concludes this edition of The Dispensary. Comments, threats, and marriage proposals can be sent to the compiler at: obsidian_17@hotmail.com

*permission granted from Professor Crandall to use his name

New Baby Jealousy

-Tulika Singh (1T0) Monograph Rep

Will the opening of the Waterloo School of Pharmacy spark Toddler Jealousy?

Life as a first year student at the Leslie Dan Faculty of Pharmacy at University of Toronto is sweet. Getting free lunches every other day and being showered with random gifts has a tendency to make any freshman feel special. It is always a nice feeling knowing that pharmaceutical giants and other health organizations are scrambling to recruit you beginning phrosch week. But as any toddler who gets jealous knowing there is another sibling on the way, I feel the green-eyed monster creeping out when I start thinking of the new school of pharmacy that is proposed to open in 2007.

I know I am acting paranoid, and that it is only October 2006 and University of Waterloo is going to admit their first batch of 120 students in January 2008. However, I can admit that I like being in the only school of pharmacy in Ontario, and that I want to analyze how this change might be affecting the levels of attention, affection and approval we may receive in the future.

No longer the only spoilt child, we might see more media attention diverted to the new school in downtown Kitchener, the first new school in Canada in twenty years. We might actually have to put serious effort in getting sponsors to fund our projects and events. Everyone, enjoy your free food while you have the chance. Who knows if there will be enough to go around in the future for the additional 480 undergrad students expected to be in Waterloo at full operation?

This trend might continue on until we graduate and enter the workplace, provided that there are enough of them to go around. According to the Ontario Ministry of Education, employment prospects for pharmacists in 2007 are expected to be “good”. Well, there you have it folks: they said “good” - not “great”. It the chances of finding a job as a pharmacist in Ontario is not so grand, why get more graduates? Okay, I exaggerate - the situation probably will not be so bad, but I am amongst those who do not enjoy competition.

On the brighter side, we can console ourselves knowing for a fact that our building will always be nicer than theirs; their measly \$34 million building is no match for our \$75 million Star Trek building in the core of downtown Toronto.

However, all putting sibling rivalry aside, the addition of the new school might take some getting used to, like any change in the family dynamics. I am confident that once the new school does arrive, we will step up to the occasion and guide our sibling school. We will pass on the torch of knowledge in the spirit of professionalism to pave the way for the prospering profession of pharmacy in Ontario.

Arts Corner

abel, it left a hole

I don't know if this copper
coat keeps the lead warm
burrowing into soft flesh
to escape winter's bite

:

I've heard them say
bullets taste like cherries.
The entries never hurt –
it's the pits they leave.

:

Last spring you shot me
with .22 caliber lips, and I
could hear the whispered
bang before it embraced
my heart

:

The autumn wind
winds through the cavity
in my swollen chest,
reminding me of what
was once there.

Yet I want to feel it
again
just for the record.

:

They awarded me two purple hearts,
but they never measured
up to the one
you stole.

-Jonathan Lu (1T0)



Pei Yong (0T8)

The Argonauts and I

A four-year clan,
a five-legged horse,
a three-language team,
gels together as assignments approach due dates.

Learning from each other,
about so much more than medicine.

Outnumbered in some ways, shining in others.
Each our own specialties and weaknesses, but together, a force.

To be reckoned with, our view of the future.

No better way to work through drug-interactions,
than laughing over pizza-studies and chocolate chip cookie breaks.

How 'bout some more of your lasagna Beth?
Pace yourselves, Julie brought dessert.
And Lauren, that's a whole different poem.

Tasks overcome, problems solved,
disputes healthily debated to unanimous verdicts and pictures to prove it.

In the end, in agreement, all understood
but something much more important given birth.

Friendship,
a trust to support each other's license
and company in a clinic waiting room.

Friday night ladies:
you're place, or mine?

J. R. Chenard
Unpublished, 2006



Special thanks to fellow OT8, **Lauren Mirabelli** for designing the new Pharmacy Poet logo.

Boat theme artwork by Allegra Connor (OT9)



C.L.

Painting information
Title: "Narspi and Setner"
Medium: Acrylic on wood
Dimensions: 5 x 10 cm



Caught in Autumn Rain

-Mavra Zvenigorodskaya

In the sky where I will see you
In the sky where we are one
So fortunate I am to
Feel the warmth of autumn sun.

On the roads where I will meet you
On the roads where I believe
So beautiful it is to
Walk upon the autumn leaves.

On the coast where I'll swim with you
On the coast where we will be
So breathtaking it is to
See the shining autumn sea.

Under waterfalls where I'll stand with you
Under waterfalls so clear
We'll follow our paths to
Autumn rivers flowing free.

In a world that I share with you
In a world where we can stay
So refreshing to the soul to
Be caught in the autumn rain.

-C. L.

Friendship Cannot be Bought with a Candygram

-anonymous

Friendship cannot be bought with a candygram
Or with a pricey gift from Holt Renfrew.

Success cannot be achieved through conceit
Or through telling lies.

Ambition cannot be satisfied by material gains
Without appreciating the abstract that is life.

Health cannot be maintained when the body is fit
While the soul is withered.

Happiness cannot be realized when one tends to his shell
And not his heart.

Wanting to make a difference should be an innate desire
Shooting up from an abyss of self-importance
In a world of unrest, corruption, and destruction.

Leadership should come from one who thinks of others,
And not of himself,
While uniting charisma and dignity to justify
Veneration for one who holds much trust and confidence.

Popularity should be something attained through demonstrating
Undeniable caring and generosity
Stemming from a genuine love of ones' fellow man,
And should not be something to fall back upon
In matters of personal greed and advancement.

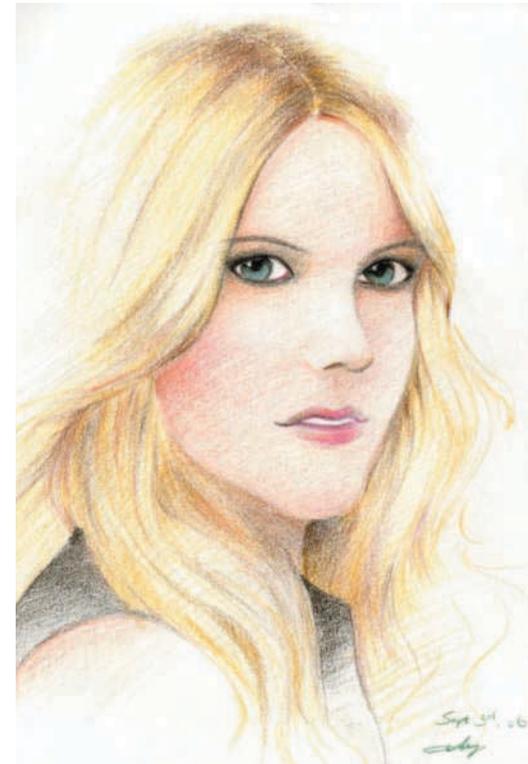
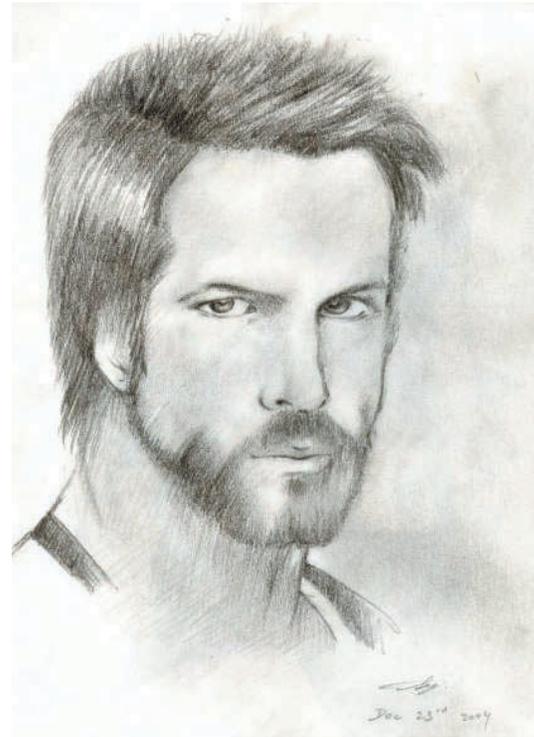
The open mind is one of incessant social and intellectual
Growth, cultivation, and maturation,
Unhindered by the constraints of peer thoughts and values
In the search of a life more exquisite and beautiful.

The quest to enrich ones' life is something at which to marvel,
For conformity and uniformity are fast becoming
Hallmarks of free-thinking society.

Respect is earned through a genuine personality
Which treasures truth, honesty, and sincerity.

Winning is always preceded by losing.

Is your life fulfilled?



Portraits by Catherine Chung (OT9)

Tribute

I see your pain
And I helplessly stare
I can't make it go away
Although I really care

The look in your eyes
Brought tears to mine
And I long for your happiness
I pray to God Divine

Do not be discouraged
The hurt will subside
We all love you dearly
Supporting you by your side

And I will treasure you dearly
To try to show I care
For most realize when it's too late
When their loved one isn't there

I don't want to regret
And so I write for you
Time won't dim my memories
And will attest my love is true

- Janet Chong (OT8)

Wyeth
Consumer Healthcare

Shout Outs

“A shout-out to the faculty for finally installing an electronic lock on the 3rd floor resource centre door (leading to the computers)! It was very disheartening that my card was useless since it only got me through the first of two doors leading to the computers, with a key lock on the 2nd one!” -- Allegra Connor

To: Usman Imran
Don't be so sad, get glad! Why you been so down lately, its your burfday!

To: The guy who sits behind me in phm128 and eats a sub everytime we have class. I don't like crumbs/dijon/lettuce in my hair. Please chew with your mouth closed.

From: Jason
To: AT and RG by proxy
That's the last time I let you clowns edit my work. It just isn't funny when you repeat the same Viagra joke incessantly and without a context.

“Team “Awesome” - The fact that your team name was self-proclaimed says much. We accept your challenge, and guarantee we'll get wherever you want to go...more quickly. :)
Much love: Team Quicktime (p.s. are you sure you have to run a blank?)

Happy Birthday, Miki and J3F!
Love, the girls

FAKE FRUIT ROCKS! - Tracy and Anita

Kelvin: stop playing MSN games.
Sincerely, your Solitaire Showdown master

To my bestest b.burrito: You're the bestest, most handsomest man in the world. Muah. =)

We would like to wish a happy bday to vishal, pun, and zee. happy bday buddies! =)
~ hardeep, neal and pavan

Hi PEI !!!
...be glad yor last name isn't FONG or CHOW -- AW

Feeling Trapped Behind the Counter?

After all, everything you do as a pharmacy student happens from behind the counter. Not that there is anything wrong with this—especially when it's part of your training.

But it's a mistake to think that's all there is to it. In fact, we are challenging you to imagine greater possibilities for yourself because at Pharmasave, you'll be more than just a pharmacy student.

You'll be a Pharmasave student!

This means you'll be working for a company that is passionate about students. We believe that students can make a huge difference in people's lives and not just in the dispensary.

This is why we strongly encourage all our students to get involved with our patients. You can have the opportunity to coach patients one-on-one through our Personal Health Solutions program, help conduct medication reviews or teach groups of patients how to take better care of themselves through our community seminars.

Through these experiences, you'll have the opportunity to use the knowledge you've learned in school to help patients Live Well. At the same time, you'll gain leadership skills and valuable experience in health promotion and event planning—all of which are strengths you add your resume and portfolio of pharmacy-related accomplishments.

If you're looking for an exciting and fulfilling opportunity, consider working at Pharmasave!

For more information, contact:

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Hot Topics in Pharmacy:

Bill102!

This month is all about the new legislation that has been the topic of hot debate ever since April. If you're like me, you may have found it hard to zero in on the exact implications of the bill and what the key points are. So, as per our new tradition, here are 5 fast facts to keep you in the loop!

- 1- Instead of giving cash rebates to pharmacies for using their generic drugs, Generic companies will now have to give rebates as "professional allowances" which means that they must be in the form of acceptable venues specified in the Bill (ex. educational programs or clinic days)
- 2- The total amount of these allowances is capped at 20% of that company's generic drug cost which has been reimbursed by ODB
- 3- The dispensing fee for pharmacies was increased from \$6.54 to \$7.00 effective October 1st
- 4- A new formulary is being published October 16th to try and further standardize prices
- 5- On April 1, 2007, they hope to reduce drug mark-ups from 10% to 8% and implement some form of payment for cognitive services

For more details, you can visit OPA's website at www.opatoday.com

If you want more information or clarifications about this or other current issues facing the profession, just let your external affairs directors know!

(cathryn.sibbald@utoronto.ca or angeline.ng@utoronto.ca)

Cathryn Sibbald
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