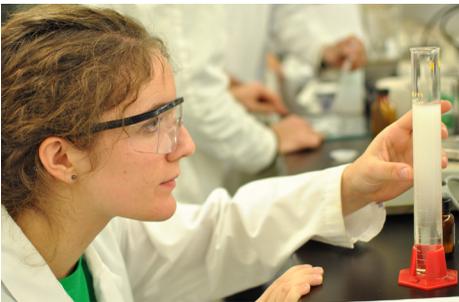


THE MONOGRAPH

VOLUME 14 ISSUE III

VOICE OF THE PHARMACY STUDENT



CAPSI COMPOUNDING // PHOLLIES

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UPS CORNER

Hello pharmerms!

We hope that all of you have been doing well and survived midterms. UPS has been hard at work to deliver events to you, from semi-formal to charity week, and we hope that you have been enjoying it all. You can be sure that after the break, we'll be right back at it.

It's been a long term, and now... winter is coming. What does this mean? Cold, exams, and more cold. However, there are some things to look forward to in the future, such as Professional Development Week (PDW) in Montreal in January. We have a huge contingent from U of T this year, and we hope that all of you who are going can show the other pharmacy students from across Canada what we're all about.

Unfortunately, this also means that our 1T3s will no longer be with us, as they'll be going on their SPEP rotations soon. We wish you all the best of luck, and we appreciate the mentorship that you've given many of us over the years. In a very short time from now, you will

be pharmacists and making U of T pharmacy students proud.

Enjoy the holidays everyone!

Kevin Chow & Lindsay Dryden
President & Vice President 2012-13
Undergraduate Pharmacy Society



Hey 1T3s!

As the semester winds down, we want to give one more grad rep update. Keep this information in case you need it later!

First, please mark the weekend of June 7-9, 2013 on your calendars! Our **convocation** ceremony is on the afternoon of **Friday, June 7** and **Saturday, June 8** is our **grad formal**. Whether you're in the BSc or PharmD program, we would love for you to come to the formal, so please plan to be in Toronto that weekend.

Second, there will be further grad rep updates by listserv over the winter and we don't want anyone to miss out on important info. For example, traditionally there is a pharmacy-only event on the morning of convocation and we need to rent grad gowns. Details will follow. If you are not on the 1T3 listserv, please contact the UPS webmaster to be added (Paul Luu - paul.luu@utoronto.ca). Moreover, be sure to actually check your email every so often! You can also add Tracy and me on Facebook.

Start thinking about your **table of 10** for dinner! We will be selling grad for-

mal tickets periodically throughout the last few weeks of class.

The bottom line is that we are excited about grad activities and you should be too! However, we need a 1T3 team effort for everything to run smoothly. Don't forget about us during SPEP or wait until June 7, 2013 to buy your formal ticket because they will be sold out. We guarantee that you won't want to miss it!

Paul Moyer & Tracy Zhang
1T3 Grad Formal Representatives

EDITORS' NOTE

As we scramble to finish up the last issue of The Monograph for this semester, we think back to why in heaven's name we agreed to take on this job in the first place... way back at the end of the last school year.

AMY: I want to make The Monograph colourful and filled with pictures next year.

JENN: Let's do it!

AMY: It won't take that long to put together 20-something-pages roughly once a month, right?

JENN: We'll be fine! We won't have much to worry about for most of the month...

Little did we know how much work editing a magazine would be! However, we don't regret taking on a challenge like this, because there's much more to pharmacy school than *school*.

Getting involved in extracurriculars such as class council, CAPSI events, sports, Phollies, Charity Week, and so on is what keeps us sane when we have to take on a month of continuous midterms. Participating in these kinds of activities, and most importantly, spending time with your fellow pharmacy students, are sure to be the most memorable parts of pharmacy school after you become a full-fledged RPh. Hopefully, you'll remember something about therapeutics and maybe even medicinal chemistry too. For now, keep flipping the page and check out what everyone in the faculty has been up to lately!

Jennifer Jin & Amy Lau
The Monograph Editors 2012-13



The articles published in The Monograph are not reflective of the Undergraduate Pharmacy Society, Leslie Dan Faculty of Pharmacy, or University of Toronto. They are strictly the opinions of their respective authors. If any of the articles are offensive, please contact the editors to discuss the matter.

{ CAPSI Corner

October Recap...

Your local CAPSI team was hard at work throughout October, planning and running the CAPSI competitions! Thank you to all the students for participating, we hope you had a great time and learned something along the way. We want to recognize our talented winners, who will receive a reserved spot to compete nationally at PDW and \$250 toward their expenses:

Patient Interview Competition: **Moataz Daoud**

Over-the-counter Competition: **Leban Farah**

Student Literary Challenge: **Jen Ma**

Compounding Competition: **Boryana Dotcheva, Claudia Janiszewski, Joshua Marble, Adam Aasen**



Looking forward to November...

MOCK OSCE HELD ON NOV 10, 2012

This is a great event where 4th years get a chance to put their skills to practice in preparation for the real OSCE.

HOUSE EVENT: PHARMAPHACTS PRE-BOWL

Come out and watch your fellow housemates as they prepare to battle for the privilege to represent U of T Pharmacy at the PDW PharmaPhacts Bowl.

Keep an eye out for CAPSI Corner in next semester's Monograph issues!

Alysha Prata
CAPSI Jr.
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Amber-lee Carrière
CAPSI Sr.
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UTSU UPDATE

IT'S BEEN a very busy semester so far, but I'm amazed at the turnout at each of the pharmacy-hosted UTSU events!

UTSU made its first appearance during Phrosh Rehab, at the Pharmacy Clubs Fair. The purpose of the event was to educate first year students on the mission and work of their Student Union, and also to introduce myself and Helen as this year's respective Pharmacy and Professional Faculty representatives. Free erasable whiteboards and member handbooks/agendas were popular items that quickly disappeared! Students also had a chance to ask questions and familiarize themselves with the many services that the Union provides and sign up for the UTSU listserv.

The UTSU Lunch and Learn that took place on September 24th was very successful despite only having half the scheduled amount of time due to a fire alarm. It was the first event of the term open to members from all years. Students were able to enjoy a free pizza lunch while learning about upcoming events and services.

Despite all four years having midterms on October 29th, we saw a tremendous turnout at the International Student Identity Card (ISIC) event held at PB. It was UTSU's very first time using the new equipment to print ISIC cards on the spot, and was very successful! For those that missed the event, you can still register for an ISIC card by visiting the UTSU office, located in the middle of Hart House Circle. Special thanks to Corey Scott, Vice-President Internal and Services, and Helen Phan, Professional Faculty Representative for all their support with the events.

Overall, we have seen great turnouts and want to thank everyone for contributing to the success of our events. Stayed tuned for exam de-stressor events such as UTSU's Got Pharm! in the near future. Hope to see even more of you come out!



Seann Seto
Pharmacy Director 2012-2013
University of Toronto Students' Union
seann@utsu.ca

EXTERNAL AFFAIRS AND UPS PRESENT...

THE EXTERNAL AFFAIRS STUDENT WRITING AWARD

WHAT IT IS:

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

AWARD VALUE:

1 year membership in the organization
Plaque with your name on it presented to you by a CSHP or OPA member at the UPS awards night in April

CRITERIA:

Be an active student member of either CSHP or OPA
Submit an article to The Monograph between September and April, which talks about a service provided by the organization of which you are a member. Examples include conferences, CE events, social events, etc.

QUESTIONS:

Contact: external@uoftpharmacy.com
Monica Sanh, External Affairs Director 2012-13

PHARMACY ATHLETICS

HEY SPORTS FANS! This past month has been very hectic with midterm after midterm, but that wouldn't stop us, would it?

Aside from the usual intramural leagues, our UPS council hosted its annual Curling Bonspiel. It was a good turnout and a great way to meet people from our faculty. What better way is there to meet people than to spend the day falling flat out on your back, sweeping brooms for dear life, and hurling heavy objects at one another? It was a very enjoyable and we would like to thank everyone for coming out!

As for intramural play, since our last update, there have been many new developments over the past month. A good chunk of our intramurals teams have wrapped up their regular seasons.



MEN'S SPORTS

In the men's league, we have seen a great performance from all of our teams.

Our hockey team is doing phenomenally with consecutive wins against Woodsworth B (5-3), Music (5-1), and Forestry (1-0). They are currently sitting in first with a record of (3-0-0) and have two regular season games left as they fight for playoff contention. Keep up the good work!

As for the rest of our men's teams, they have all been able to wrap up their regular seasons with most of our teams qualifying for playoffs.

Our men's basketball team was able to meet playoff contention with a 3rd place finish in their pool. Their regular season record stands at (3-2-0). Men's soccer was also able to follow suit, finishing 2nd in their pool with a record of (3-0-1). Men's volleyball also managed to grab playoff contention by finishing their season 3rd in their pool with a record of (4-1). As for our men's flag football team, sadly they were unable to qualify for playoffs this year due to a lack of players. This cost them two losses and removed them from playoff contention. They finish their season in 6th with a record of (2-3-0). Good job to all our athletes and good luck in the playoffs!



COED SPORTS

In coed sports, our Division 3 volleyball team has wrapped up their regular season. Despite a hard fought game against the School of Graduate Studies, our team lost, coming in 7th place in their pool with a 3-12 record. Keep working hard and you'll get 'em next term!

Our Ultimate Frisbee and Flag Football teams made it to round 1 of playoffs, but unfortunately will not be advancing to the next round. Ultimate finished 3rd in their pool (3-1-0) and advanced to playoffs, but lost to Skule in the first round 0-12. The Flag Football team, who came in 4th in their pool (1-2), also lost in the first round of playoffs against Physical Education (PHE) 6-13. Great job this season despite being short of players! Hopefully next term we'll see some new players out on the field!

Our Division 2 volleyball team finished 2nd in their pool and advanced to playoffs with a 12-3 win. Their first playoff game is on Wednesday, November 14th against Trinity College. Best of luck to our Division 2 team!

Finally, the coed basketball team also qualified for playoffs, finishing their regular season with a 4-1-0 record and tied for 2nd in their pool. We're looking forward to some more great shots in playoffs! Go for the gold!

WOMEN'S SPORTS

The combined Pharmacy/Medicine women's hockey team has been playing strong, winning their first 3 games and suffering a loss to OISE/SKULE in their most recent game. They are currently tied for 1st in the division and have one game left in the regular season against PHE/KIN on November 18th. Keep up the good work ladies!

The women's soccer team finished in 9th place this season, just one win short of qualifying for playoffs. Despite the fact that the team was often short play-

ers and playing in less than ideal field conditions (mud anyone?), they played an extremely strong season and finished with a 1-1-2 record. Watch out for indoor soccer in the winter season!

The women's volleyball team just recently finished their season, finishing 3rd in their pool and qualifying for playoffs with an 8-7 record. They fought hard against St Hilda's in quarter-finals but unfortunately couldn't pull out the win and were knocked out for the season. Amazing job ladies, let's take it back in the winter season!

Last but not least, it's time to announce this issue's athletes of the month. This issue's male athlete of the month goes to Michael Chan of 1T4 for his outstanding participation in the intramural season. This semester alone, he has been consistently showing up to coed volleyball, men's and coed flag football, as well as men's soccer. The degree of commitment exemplified is definitely worthy of praise. This month's award for female athlete goes to Monica Sanh in 1T5. Monica has shown exceptional commitment to the intramurals league this fall, participating in flag football and ultimate frisbee, as well as helping out with coed volleyball. She is an excellent role model for female athletics in pharmacy. Regardless of how busy her week is, Monica is always able to balance academics and extracurriculars. Congratulations to our athletes of the month!



Louis Nguyen
Male Athletics Director

Jennifer Ma
Female Athletics Director

Caren Chiu
Co-ed Athletics Director

athletics@uoftpharmacy.com



PHOLLIES 2012

U OF T PHARMACY STUDENTS CAN DO MORE THAN JUST STUDY!?



Christmas came early to those who attended the Phollies this year during the crazy whirlwind at the end of October that was midterm crunch-time. Attendees received the gift of a high dose of entertainment which, some say, was extremely helpful in motivating them to push through the last couple of midterms and assignments.

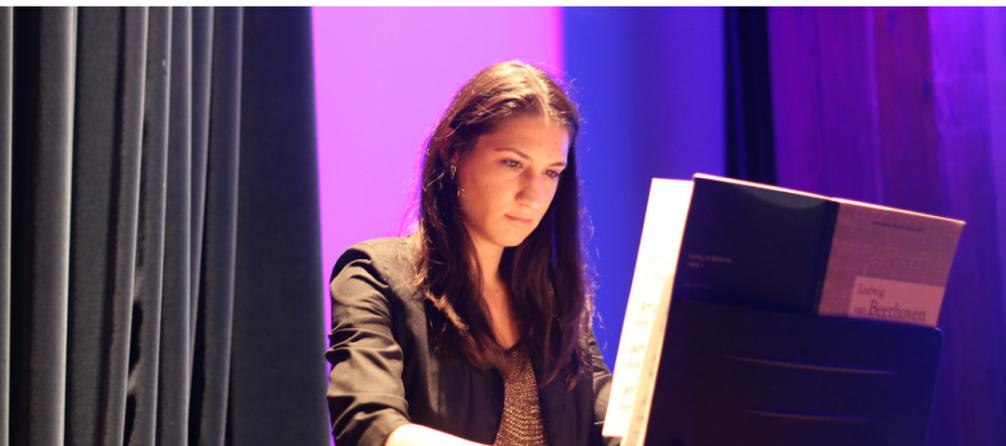
Whether it was from watching choir's harmonious performance, surprise guest Dr. Dubins, interpretive dance by the MCs, a simple CN Tower joke, or from the overwhelming amount of talent shown on stage, everyone left the show with a smile on their face. Some even used this positive energy to eat, drink, and dance the night away at the UPS Pholloween Afterparty (yes - even the class of one-tee-threecus emerged). Congratulations to the costume contest winners: the "loofah" and the John Lennon/Yoko Ono duo. They won gift cards to The Maddy!

As the organizers, we left the show in awe! The Phollies made it very apparent to us that a large proportion of the pharmacy student body does more than just study. They have amazing talents and we were honoured to help show them off. For those of you who missed the Phollies, we highly encourage you to come out for Arts Night or next year's Phollies so you too can be amazed by your multi-talented peers. If you don't like to venture much into the arts and prefer sticking to the pharmacy swing of things, stay tuned for an action-packed Pharmacy Awareness Week!

We'd like to thank all of the performers, MCs, tech crew, volunteers, and bake-sale bakers for their effort in making Phollies 2012 an awesome production! Most importantly, we'd like to thank the whole phamily for creating such a great atmosphere to spend 4 years in.

Happy exam writing, everyone!

*Leia Musielak & Simona Tencaliuc
Events Directors 2012-2013
Undergraduate Pharmacy Society*





TEAS FOR PHARMIES

By JANE LEE, *IT6*

AS MIDTERMS, assignments, essays, labs, and work engulf our lives like a giant tsunami wave tumbling down onto a newly hatched sea turtle, what's one thing that you absolutely need to keep your stress at bay? If you're like me, a warm cup of tea will definitely do the trick! It helps to keep me calm and composed during those major cramming sessions. I'd like to share some of my favourite teas and teashops with you tea lovers and potential tea enthusiasts.

TEAVANA

One reason why I absolutely love Teavana is because I love fruity teas. Teavana houses over 100 flavours of tea and they have a large selection of different fruit blends and flavoured teas. They also have their traditional green, white, black, herbal, maté, rooibos, and the list goes on. One of my all time favorites is their citrus lavender sage herbal tea. This tea is on the sweeter end and contains a smooth blend of orange, sweet pineapple, Red Delicious apples, lavender, sage, and sea buckthorn. Doesn't this sound like a healthy companion to those dark, lonely, stressful nights spent studying? Also, if you're starting out on tea, definitely drop by Teavana to try out some of their sample teas in order to figure out which flavours tickle the taste buds on your tongue.

DAVID'S TEA

David's Tea is another one of my favourite teashops because it has a selection of unique tea flavours apart from your traditional ones. For example, how many of you have tried chocolate tea before? I haven't either but David's Tea has it, and a whole collection of other chocolate teas as well. Some of their chocolate teas include the chocolate rocket maté tea (a sweet hint of chocolate, raspberries, almonds and chicory) and the jumpy monkey (a mix of freshly roasted peaberry coffee beans with Argentine maté, almonds, white chocolate, and other toasted barks and roots, resulting in a sweet, low calorie tea). One of my favourite teas here is the long life oolong, not because of the name, but because of the peachy taste. It's made of a blend of organic oolong tea, peach, apricot, almond, orange peel, and safflower petals. If you are looking for a light, organic taste, definitely try this tea out!

TSAA TEA SHOP

Tsaa Tea Shop is a small, family-owned teashop located in the middle of Greek Town near Chester Station. Its friendly owners, cool wooden furniture, and cozy interior make it the perfect place to sit down with a warm cup of tea. It's especially nice to go on a rainy day and read a book or just catch up with a friend. Tsaa Tea Shop houses many special teas and tea blends, such as hot summer spice, chocolate rooibos, cranberry autumn, aloe vera wellness, blooming tea, and more. Not only does the place have tea, it also serves bubble tea, baked goods, sandwiches (my favourite being the smoked salmon sandwich), and salads. If you ever find yourself strolling around Greek Town, stop by at this friendly tea shop and try out some of their signature drinks.



RECIPE FOR MACARONS

By CHRISTOPHER SIU, *IT5*

MACARONS (YIELDS 60 SHELLS)

INGREDIENTS:

3 extra large egg whites
100 grams almond flour
150 grams icing sugar
120 grams sugar
20 grams cornstarch
pinch of salt

1. Place egg whites in a bowl with salt and let sit until room temperature.
2. Sift together almond flour and icing sugar.
3. Boil sugar with enough water to wet a candy thermometer. When sugar reaches 96 °C, begin beating egg whites at medium high speed with an electric mixer - try to reach the soft peak stage by step 4.
4. When sugar reaches 115 °C, allow to cool for 10 seconds while reducing speed of egg white mixing to medium.
5. Slowly drizzle in sugar while whipping egg whites at medium speed.
6. Increase speed of mixer to high and continue to beat for 2 minutes.
7. Reduce speed of mixer to low and slowly add the almond flour and icing sugar, taking care not to add too much at a time, or else clumping will occur.
8. When all of the flour mixture is added, fold the mixture several times to ensure consistency. The mixture should be like lava. Poke it with a toothpick and quickly draw it out - if it can return to a smooth flat surface it is ready to be piped.

NOTE: If the mixture is too thin, the macarons will be inedible. It is better to achieve a thicker consistency if you are unsure.

9. Pipe the mixture onto parchment paper with a diameter of 3.5 cm and allow it to dry. The outer part of the shell dries so that it rises upwards and not outwards. This step might take up to 2 hours depending on humidity, so use a fan if you have one.

10. Bake for 13-15 min in the middle rack at 148 °C
NOTE: It is better to underbake than to overbake. Overbaking will lead to crispy and hard macarons, while underbaking still gives a soft but slightly chewy consistency.

11. Refrigerate shells until cold before filling.

MAPLE PUMPKIN SPICE FILLING

INGREDIENTS:

Part A

125 mL Synthetic Maple Syrup
81 mL heavy cream
3 Tbsp pumpkin purée

Part B

1 Tbsp dark maple syrup

Part C

30 grams butter (room temperature)
2 tsp ground cinnamon
1/2 tsp ground nutmeg

1. Boil Part A until the mixture reaches 112 °C.
2. Add Part B and mix until well combined.
3. Refrigerate mixture of Part A and B until completely cool.
4. Add Part C and whip at high speed for 20 seconds.
5. Scrape down sides of bowl and whip for another 20 seconds.

AN IZAKAYA EXPERIENCE By PHOOD JUNKIES

THE STOREFRONT barely stands out...a single sign stands near the door, neither welcoming nor pushing you away, yet you feel a strange urge to enter. A crowd pushes you aside as they pass through the first set of doors, disappearing from your sight, into the unexplored world, to experience something you have yet to try...an Izakaya restaurant.

WHAT IS IZAKAYA?

Put simply, it's a Japanese take on Spanish tapas style, where dishes are made to be fresh, simple, clean, and most importantly, shared. The essence of the Izakaya style comes not only from the menu, but also from the staff and atmosphere. Passing through the doorway is like being transported to a part of Japan, a piece of a very unique culture. These places are best enjoyed in groups, so everyone can share a large variety of unique and inspiring dishes while chatting up a storm. Oh, and of course, alcohol is always part of the equation.

OK, SO WHY ARE YOU TELLING ME THIS?

Believe it or not, Toronto is home to a huge variety of Izakaya stores, and a number of them are within walking distance from our very own Pharmacy Building. Here are a few examples...

GUU [Izakaya: <http://www.guu-izakaya.com/toronto/> Sakabar: <http://www.guu-izakaya.com/sakabar/>]

Most of you should be familiar, if not already fans, of Guu Izakaya. Originally from Vancouver, Guu has two locations in Toronto: Guu Izakaya on 398 Church Street, just south of Carlton, and Guu Sakabar on 559 Bloor Street, just west of Bathurst. The two have become infamous for their long lines, and for good reason. As you enter, you are instantly greeted by staff and while being ushered to your seat, you get transported as all staff, even kitchen staff, welcome you in Japanese. The space is small, dimly lit, and music intertwines with the various aromas from the open kitchen to fill the air, completing the transportation experience. The menu is simple, yet covers a wide array of traditional and fusion Japanese cuisine from fresh sashimi to deep-fried Brie cheese. Each dish comes neatly plated and almost immediately draws you in to take a bite.

FOOD: ★★★★★

ATMOSPHERE: ★★★★★

STAFF: ★★★★★

OVERALL IMPRESSION: ★★★★★

DONDON [<http://www.dondonizakaya.com/>]

Located at 130 Dundas Street West, DonDon Izakaya sits seconds from Chatime, minutes from Eatons, and less than 15 minutes away from the Pharmacy building. As you enter the restaurant, the sounds of the open kitchen stimulate your taste buds and the subtle Japanese music welcomes you to this new place. The long wooden tables, Japanese signs, and wood paneling complete the atmosphere. The menu is colourful and features unique items like Fwhat-Fwhat pork, Smokey Hay Sashimi, and Hoppeta Yaki. They also have a lunchtime menu featuring bento-boxes, rice bowls, and udon at very reasonable prices. This is a great option if your lunch break allows it. The store is relatively new and still slowly building its reputation, so it remains relatively easy to get seating. However, be sure to expect longer lines, a louder atmosphere, and more incredible food.

FOOD: ★★★★★

ATMOSPHERE: ★★★★★

STAFF: ★★★★★

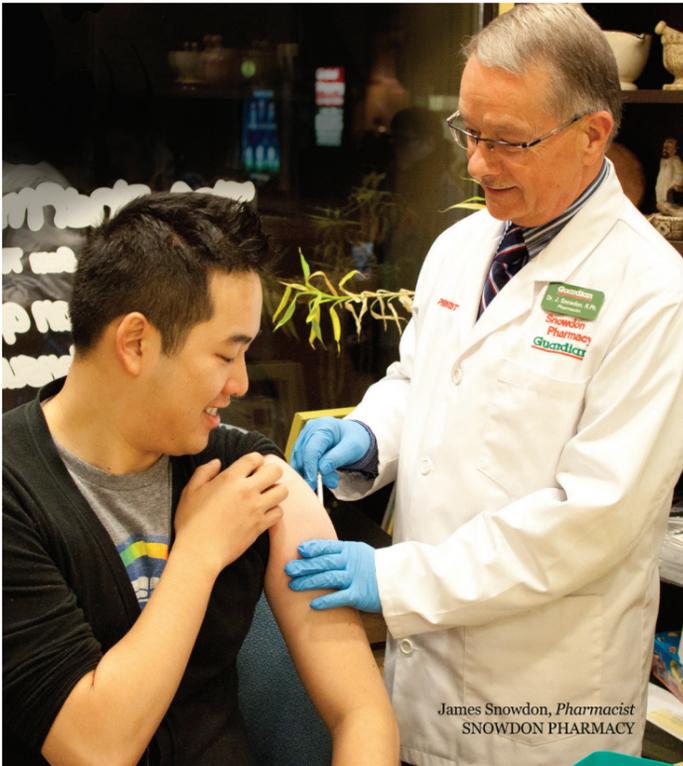
OVERALL IMPRESSION: ★★★★★

OTHER IZAKAYA RESTAURANTS IN TORONTO:

Hapa Izakaya: <http://hapaizakaya.com/>

Fin Izakaya: <http://www.finizakaya.com/>

Chou Izakaya: <http://www.chouizakaya.com/>



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1 MINUTE READ: 5 THINGS YOU NEED TO KNOW

1. OxyContin is soon to come off patent, and many provincial health ministers (e.g. Deb Matthews) have requested a ban on the generic as this may simply lead to abuse of the medication again. The analgesic was recently taken off the market and replaced by OxyNeo because abusers were crushing and snorting or injecting the oral medication.
2. "This year's flu vaccine includes three strains: Influenza A/California -- an H1N1-like virus; Influenza A/Victoria -- an H3N2-like virus that can be severe in the elderly; and Influenza B/Wisconsin which predominantly is responsible for illness in children. When the circulating strain and the vaccine strain are a match, you can count on about 86% protection against the flu."
3. Nearly two-thirds of Canadians ages 65 and up are taking five or more types of prescription medication every year. Time for a MedsCheck!
4. November 14th was World Diabetes Day. It is projected that one in three Canadians will be living with diabetes or pre-diabetes in less than a decade (by 2022).
5. Today, 1 in 4 Canadians, which represents more than 9 million people, are living with diabetes or pre-diabetes.

"1 Minute Read" is a short list of recent things happening in healthcare that have an impact on the world of Pharmacy. References supplied upon request. You can check out all the previous "1 Minute Read" articles or read publications ahead of time at www.soape.ca/

Kenny Chan
SOAPE President 2012-13

EVERY CLASS inevitably forms groups where members hang out together all the time and share their pharmacy school experiences with each other. I present to you main groups of the 1T5 class:

THE MOSTLY BLONDE GIRLS OF THE RIGHT WING

You can always count on them to brighten your day; negative energy is not allowed in this group. And if you don't know anything about *Jersey Shore*, you'll definitely get lost while talking to them. What I love about this group is how they maintain a balance between pharmacy work and life.

THE PERSIAN FELINES OF THE CENTER FRONT

KEENERS!! But seriously, they're the cutest. With their exotic names and hot looks, this female-dominant group is awesome. I love when they speak Persian, like a cat going "meow meow." Loyalty is everything in this group; they look out for each other in every way. In case you are sick of Hollywood and Est West, they can offer great advice on foreign movies and excellent food choices – fesenjoon... YUM!

THE 1T5 UNDERGROUND SOCIETY

This group is composed of a big Asian majority with a sprinkling of white and Lebanese. It is further divided into multiple subgroups. Casualness is the rule and they're very diverse in every way. If you're looking for deals, they are always up to date with offers from McDonald's to the latest fashions. They arrange games of soccer, badminton, squash, and yoga sessions. Many of them have a borderline unhealthy relationship with board games. They welcome and help anyone without question. If you're in need of notes, they'll be happy to share resources. You just feel comfy among them.

THE BROWNIE GIRLS OF THE BACK ROW

Ladylike, respectful, and professional. A very feminine aura pervades this group. They are so easy-going and very approachable. If you're down, sit with them for 5 seconds and they will definitely cheer you up. You're lucky if you find yourself in the same lab or workshop group as them, because they're extremely collaborative. Also, if you want to learn about women, go and sit with them.

THE GANGNAM-STYLE GROUP

An-nyung!! How can they be in pharmacy school and stay so fashionable? The hair, makeup, and clothes make me feel a bit ashamed about the way that I look. While they might fool you by being quiet, they're actually so much fun. You often see them on Facebook teasing each other, but stalking them is useless as they mostly use Korean to communicate. They can recommend good Korean dramas to you, but be careful - you might get addicted!

THE PARTY PEOPLE OF THE LEFT WING

These people follow the rule: those who play together stay together. They party hard and study hard, have odd nicknames, and often scream, "I hate you!" at each other, but don't be alarmed - they're cool and lots of fun to hang with.



WHY WE SHOULD PROBABLY BE **GETTING PAID** WHEN LECTURES GET CANCELLED

By ANONYMOUS

TOPIC: Influenza

DATE: November 22, 2012

Fig. 1 – Pretty clear evidence indicates that our lecture was probably never scheduled for November 15th in the first place.

I RECENTLY had the unpleasant experience of missing my first ever midterm. It's my tenth consecutive year of university and somewhere around my 90th midterm. From a pure probabilistic perspective, it was bound to happen eventually. When I was told that I had to pay \$70 to write a make-up exam I was certainly not happy, but I was understanding; I created extra work for some unfortunate TA who had to make extra copies of a new exam, supervise me to ensure that I didn't cheat (and we all know how adept the 1T4s are at cheating, given the now infamous statistics scandal of 2010), and make an extra trip to the elusive Scantron facility. One could make a reasonable argument that the cause of this extra work should also pay for it, but in that case, the argument should stand when the inconvenience becomes the inconveniencer.

Presumably, the unfortunate TA was compensated for their time, and it seems only fair that the person responsible for costing them their time should be the one to compensate them. Is it not fair then to say that when I show up to class and the lecturer does not, I should be compensated for my time? Especially when that lecture, which I paid for in the form of tuition, is rescheduled to a time when I am either unable to attend due to prior extracurricular commitments, or rescheduled to a time when I was supposed to work and as a result am unable to, and therefore unable to earn money with which to pay my exorbitant make-up exam fees?

I understand that the \$70 fee may also be a financial disincentive for those perhaps feeling only slightly unwell to power through and just write the exam. Let me assure you that I was not in that boat; I spent the weekend prior to the pharmacology midterm in the hospital throwing up so hard I tore the junction of my esophagus and stomach, which,

incidentally, placed me in a great position to understand the gastrointestinal pathology lecture we recently had. I apparently got food poisoning due to a bad burrito from a food truck. In the interest of brevity, I will spare you from reading why it is probably appropriate that I did get food poisoning given that I don't think there's a more stereotypically food poisoning-inducing food than a burrito, nor a more stereotypically appropriate place to get it from than food cooked in a truck.

Most businesses will reimburse you if they can't deliver what you pay for. Both my dry cleaner and my pizza delivery guy can have their work done or show up, respectively, when they're supposed to; if they don't, I don't have to pay them! Why should the expectations be any less from purported professionals, especially when they demand that we pay if we cost them their time. What kind of response do you think you would get if you missed an exam because you thought it was a week later? A cavalier response of "don't worry about it – we'll let you make it up whenever it is most convenient for you, the person who caused the inconvenience, no matter how inconvenient for us, the people that suffer as a result of the inconvenience – with no expectation of reimbursement for wasting our time" is improbable, and yet that's the position that's taken when the tables are turned.

Further, would an economic incentive such as this not motivate our professors to actually properly do the job they're paid to do? As you can see from the image below, the class on influenza we recently missed never even appeared to be scheduled for the day we missed it, November 15th. It's pretty clear that between outside consulting jobs and showing up late, certain professors' priorities have nothing to do with students and everything to do with other jobs or responsibilities they may have.

As other 1T4s know, our class reps were recently approached by the dean with concerns about attendance in our classes. Does the dean care about lecturers not showing up as well, or our lecture schedule being switched around constantly and class ending up in timeslots when students may not be able to attend?

I'd also argue that showing up to class should be optional until the faculty hires professors whose classes are consistently worth going to, since there's not much point in wasting a few hours in a class where you can't understand anything the professor is saying. School is, after all, about learning time management as well, and if there is no utility in attending class, it only makes sense to fill that void with any of the numerous other tasks we have in our demanding schedule. Since that argument has apparently already fallen on deaf ears, I don't think it's unreasonable to expect our lecturers to show up as scheduled too.

For the record, I don't expect to be reimbursed for missed or rescheduled lectures any time soon, and I understand that this might be an unreasonable request, despite the aforementioned seemingly reasonable arguments in favour of that policy. I fully understand that a series of unfortunate events collectively known as "life" can prevent things from operating in the way in which they were originally intended, and accept that things occasionally need to be rescheduled. Given that the faculty is unlikely to reimburse us for missed lectures any time soon, I would venture that they feel the same way. However, I would argue that a body adopting that position should also be able to let a student, who already paid over \$15 000 in tuition, write the first exam they have ever missed because they were in the hospital unflinchingly and unceasingly vomiting esophageal blood for free, too.

THE TTC

By CHI ZHANG, IT6 Monograph Representative

IT'S BEEN NEARLY three months since stepping foot in my very first pharmacy class. In the beginning, it was exciting. There were always people who showed up super early to chat before class and save seats for their friends. However, I've noticed recently that showing up early is rare, and sometimes even showing up *at all* is rare. My classmates are no longer the keeners that they used to be in September. Why is that? I think a major cause (but probably not the only cause) is that the commuters are finally getting sick of the TTC.

This is the way that I see it: when you commute, your life is in the hands of the public transportation system. Unfortunately, the Toronto Transit Commission has a pair of extremely shaky and unreliable hands. The thought of the subway breaking down on the way to your exam isn't just an irrational fear for U of T students; it's a legitimate concern. It's an awful feeling to know that you're playing Russian roulette with your grades when you ride the TTC. And then, even if nothing goes wrong, the commute itself is still terrible. I don't know a single person in their right mind who would say that spending an hour to two on public transportation is a fun or rewarding experience.

The only real benefit I can see from commuting is the huge amounts of money saved. At this point, the thought of renting downtown has probably crossed all of our minds. Classes are getting harder, and it will only get worse in the years to come. Is the money saved actually worth going through the grueling, mind-numbing, and repetitive experi-

ence of commuting daily? I remember back in the days at Western where the annual bus pass was \$182. It came as a complete shock to me that the *monthly* TTC Metropass was \$104. London is pretty small, so you would expect the bus pass to be more expensive in Toronto, but seven times more expensive is crazy! Ultimately, the comparison comes down to \$104 for the Metropass vs. \$600-800 for renting downtown each month. Do I feel that saving an extra 3 hours per day is worth paying \$600? To me, it's completely worth it!

One of the reasons that I dislike the TTC is because the atmosphere inside is absolutely horrible. Everyone is rushing, everyone keeps to themselves, and there are so many people crammed together that it makes you feel like an ant in a colony. It's as though life is just passing by. If I ever want to have an existential crisis, all I need to do is pay \$3.00 and hop on the subway, preferably during rush hour. Again, remembering back to my days at Western, I had to take the VIA Rail for two hours every time I wanted to go home to Burlington. However, it was for the most part a pleasurable experience. What I really liked was simply that people talked. It was quite common for complete strangers to chat with each other throughout the whole trip. I really enjoyed the train rides on VIA Rail and talking with your neighbour was a nice way to pass the time. Here, things work differently. The atmosphere of the trains, busses, and streetcars in Toronto has the "everyone for themselves" feel. The passengers and drivers are all miserable-looking, which makes it extremely difficult to start a conversation

with others. And so, nobody ever does. You can only rely on your iPod or laptop to pass the time. Wait no... I forgot you can't take out your laptop in Toronto, unless you want it to be stolen.

One thing I've always been worried about in Toronto is the crime rate. Let's face it – this isn't the safest city. Sure, the level of crime isn't actually that bad and the chances of being robbed are still fairly low, but it's still something that lurks in the back of your mind at all times. Although you may feel like you're in a can of sardines during rush hour, there's at least one benefit: a lower chance of being murdered! Safety in numbers I guess, or at least that's the way I see it. Well... then again, it'll be easier for you to get pick-pocketed, so really there's just no way to come out on top here.

I seem like such a hater, and yeah, I pretty much am. I honestly tried to look for the positive aspects of the TTC, but other than cost, there really is nothing to like. It's easy to just say, "U mad bro?" but the bottom line is that commuting to and from school is probably more mentally draining than the actual classes. "TTC Memes" has a whole Facebook page of jokes about the TTC, and they're funny yet eerily true. Without a doubt, I feel that public transit could be better in Toronto, but I'm not sure if the situation is actually going to improve anytime soon. What we can do? The only solution is to avoid using the TTC as much as you can, and one way to do that would be to rent downtown or live in PB.

PLAYING THE DEVIL'S ADVOCATE: THE CHALLENGES FACING BARACK OBAMA IN THE NEXT 4 YEARS

By ANTHONY HAN, IT5 Monograph Representative

ACCORDING TO the National Post survey, approximately 78% of Canadians favoured Barack Obama to win the US Elections. This is understandable; Mr. Obama has a charismatic personality with policies that attract grassroots voters. However, one cannot underestimate the challenges facing the President over the next 4 years. Despite this popularity, Mr. Obama is not without fault, and it is important to assess his performance objectively. The truth of the matter is, President Obama faces the most polarized Congress in history, and it will not be easy for him to accomplish his targeted goals without significant compromise. Moreover, he also faces personnel issues within his staff that will be difficult to overcome. During his first term, Mr. Obama failed to demonstrate the political suave necessary to break the political deadlock that preoccupied Washington. For a successful second term, President Obama must establish better leadership on both the domestic and international front.

The United States Constitution gives Congress the sole right to declare wars or to raise debts, among many other privileges. For President Obama to pass a law, or to appoint a new cabinet member, it needs to be passed through both House and Senate. However, the makeup of the Congress has significantly changed over the last 4 years. The far-right Tea Party has hijacked the Republican establishment and helped replace moderate conservative members with more partisan counterparts. The current Republican House is extremely hostile to any Obama legislation, and this seems to be the likely status quo for the next 4 years. With respect to passing legislation, Mitt Romney would have been a better choice for President. The House would be more receptive to a Republican president and Democrats have shown more willing to compromise.

The lack of leadership from President Obama became most apparent during the debt ceiling negotiations earlier this year. The 11th hour compromise did little to instill public confidence in government and resulted in a credit downgrade from Standard & Poors. The bipartisan supercommittee designated to cut spending has not reached a deal and the threat of a "fiscal cliff" is currently looming. The fiscal cliff involves massive reduction in spending and increase in taxes that can hinder short-term growth; this sequestering will take effect in early 2013 if no deal is in place. Mr. Obama was at the head of the table during the debt-ceiling negotiations and only worked out a patchwork solution that would simply postpone the problem. If Mr. Obama is to get through the next four years, he must find the negotiating savvy that he lacked during his first term.

Among other issues, many key members of President Obama's staff are expected to leave for the second term. Secretary of State Hillary Clinton is likely to step-down, Defense Secretary Leon Panetta hinted on retiring, Treasury Secretary Timothy Geithner has been controversial and is expected to be replaced, and CIA Director David Petraeus recently resigned after his extramarital affair was exposed. New appointments will have to undergo Congressional approval. Again, with a divided Congress, it becomes extremely difficult to appoint candidates. During the beginning of President Obama's first term, both houses had a Democratic majority. Even then, many of the undersecretary positions remained unfulfilled due to vehement oppositions from the Republicans. Tim Geithner at one point had to run the treasury for months without any undersecretaries. Hence, it will be interesting to see who Mr. Obama can manage to squeeze into his cabinet without attracting Republican furor.



President Obama was dealt the hardest cards from his predecessor. To be fair, it was nearly impossible for him to rapidly guide America out of this unprecedented recession. However, Mr. Obama should not be regarded as a Teflon president, and criticism must be given when it is due. The Iraq War is over, Osama bin Laden is dead, and the Bush Tax Cuts should soon expire. Mr. Obama can no longer refer to the failures of President Bush and must take full responsibility for his second term. Yes, the Congress is hostile, but the legacies of Presidents Reagan and Clinton have shown that compromise is not impossible. President Obama's first term performance has been somewhat disappointing; it has been mired with infighting and political deadlock, and as a result, the economy is still stagnant and the unemployment remains high. Partisanship has been an integral part of American politics since Independence, yet it has built the greatest economic power the world has ever known. If the United States is to maintain its supremacy, meaningful dialogues may be the only solution out of this mess. At its core, politics is the art of seduction and human relations. I sincerely hope that Mr. Obama can channel his inner diplomat and mend strained relations from his first term.

PHOTO FROM TEACHKIDSNEWS.COM

FOOD FOR THOUGHT: RELYING ON A HIGHER POWER

By MALIHA HOSSAIN, IT5

I went downtown in October on a Sunday to catch a glimpse of Robocop in his matte suit (not robotic at all) in the scene being filmed in front of the Terrence Donnelly Centre. It featured the police chief making a speech to the city and Robocop coming in to destroy the scene. As I watched the crew doing a rehearsal, a man came up to my sister and me and started a conversation. He was quite talkative, but one thing stuck with me, even on my way back home. He had brought up the point that in recent

times, there have been many remakes of superhero movies and superhero movies in general, which I hadn't even noticed. His theory was that the filmmakers were trying to appease society's slow turn towards depression as unemployment rates continue to be high. Thus, they want to provide entertainment that will give viewers a false sense of reality, send the message that everything will get better and superheroes will come to the rescue. The more I thought about it, the more I realized that he was right. There

really are more superhero movies being made now than ever before - Green Lantern, Thor, The Avengers, Batman, Iron Man, the remake of Spiderman, Robocop - just to name a few. They were all amazing movies, but there was the obvious recurring theme of someone always coming to save the day. I know it's a far stretch to think that real people will expect someone else to save them from their problems, but media has a way of convincing people otherwise... *Empower yourself from within.*

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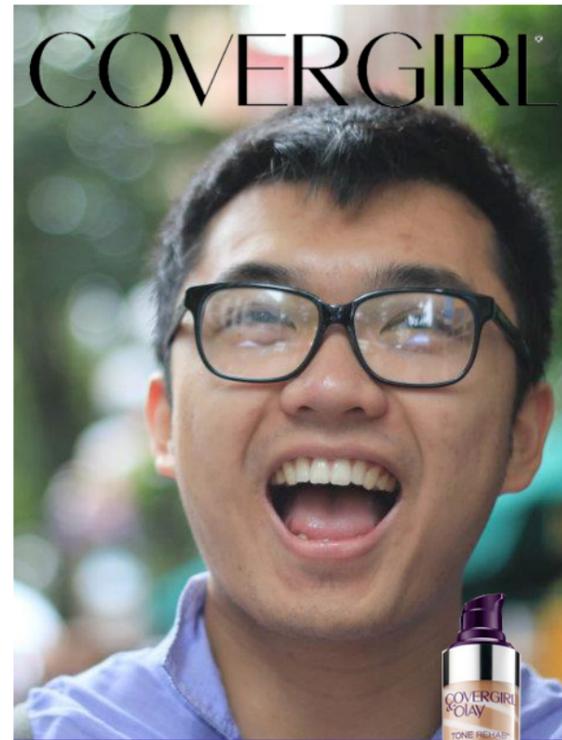
DRUGS AND GREEK GODS

By DEVAL PATEL, IT4 Monograph Representative

The other day I was reading into some Greek mythology (you know Zeus and Hercules and all) and I came across Atropos. Atropos in Greek mythology is one of three fates. The fates decided how and when a person was going to die. Atropos was the fate that ended life by cutting a person's life with her "abhorred shears." This name reminded me of the drug atropine. Turns out, the name atropine is derived from the Greek goddess Atropos, so I tried to find more drugs that had interesting Greek roots. As it turns out, morphine gets its name from the Greek god Morpheus, the shaper of dreams. This god could take any human form and appear in dreams.

There are also many drug names based on Latin and I found that knowing Latin roots helped me in some cases to understand or memorize what the drugs are used for. For example, Paxil is an antidepressant and anti-anxiety medication. In Latin "pax" means peace, and Paxil will put one's mind at peace. Lunesta is a sleeping medication and "luna" in Latin means moon. My favorite is Viagra. In Latin "via" means man and "agra" means field, and thus Viagra allows men to fertilize fields.

For those interested, there is a pretty cool article online about how drugs are named called "The Complex Process of Naming Drugs" by Linda Gundersen. Also, for those that just want to generate random drug names, check out "Drug-o-Matic."



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TIME TO LEAVE THE NEST

By IRENE LEE, IT3 Monograph Representative

AS I LOOK BACK at the keen pharmacy student entering through the doors of the Leslie Dan Faculty of Pharmacy Building and the mentally exhausted student coming out, I can't help but wonder where all my energy and enthusiasm went. Surely, it's been a wild and incredible journey for the most part over these past four years, but there were bittersweet moments and moments of hopelessness and incessant worry that became more prominent as my chapter in pharmacy school is coming to an end.

Fourth year induced a wave of anxiety and panic that I had never experienced before. Being bombarded with case studies to review, care plans to develop, assignments that required in-depth research, as well as resumes and cover letters to update and send to future employers was stressful and sleep depriving. The uncertainty of job prospects remains on the minds of many students, in addition to the uncertainty of being able to pass fourth year and just trying to hang in. However, none of these situations explains the deep-seated worry that I experienced.

The reason why I felt anxious was likely due to the fear of moving on with life. I was afraid to admit it at first (perhaps other students will feel the same way), but a part of me is absolutely terrified of leaving school and no longer being a student. This sounds absurd, as most students want to get out of school as soon as possible and get on with life, i.e. find a job, pay off student debt, buy a car or house, maybe get married. However, I'm not worried about these things. I'm worried that I'm not yet ready to take on a more independent role, to be the one behind the dispensary responsible for making important decisions that will change patients' lives. The feeling of not knowing what to do or how to help someone puts me under a lot of undue stress.

As a pharmacy student, I had someone to turn to and ask when I didn't know the answer. I was able to refer difficult patient inquiries that were beyond the scope of my knowledge to the pharmacist on duty who would "take care of everything." Unintelligible phone calls could be answered by the pharmacist who, without fail, always seemed to understand the message buried within the mumbles. I feel as though I can't just say "I don't know" anymore, because now I have a duty to offer help to the best of my ability as a responsible health care professional.

Perhaps my fear of not being a student anymore is irrational. For one thing, I still have SPEP placements as an opportunity to garner as much experience as possible. I have the chance to be exposed to various disease areas that will reinforce the therapeutics taught in school and to develop the confidence that I need for decision-making in the future.

I remember the wise words of a professor back in first year, "You don't need to know the answers to everything; you just have to learn how to find it." It takes years of practice to develop the clinical skills and expertise that we see in our professors and pharmacy preceptors. After all, pharmacy is a practice and one cannot expect to be good at their job unless they do just that - practice.

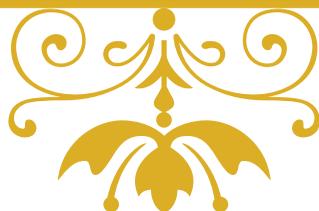
Now the time has finally come. Time to be a big girl now and take one step at a time to move forward. Time to rise up to the challenge... and fly!



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