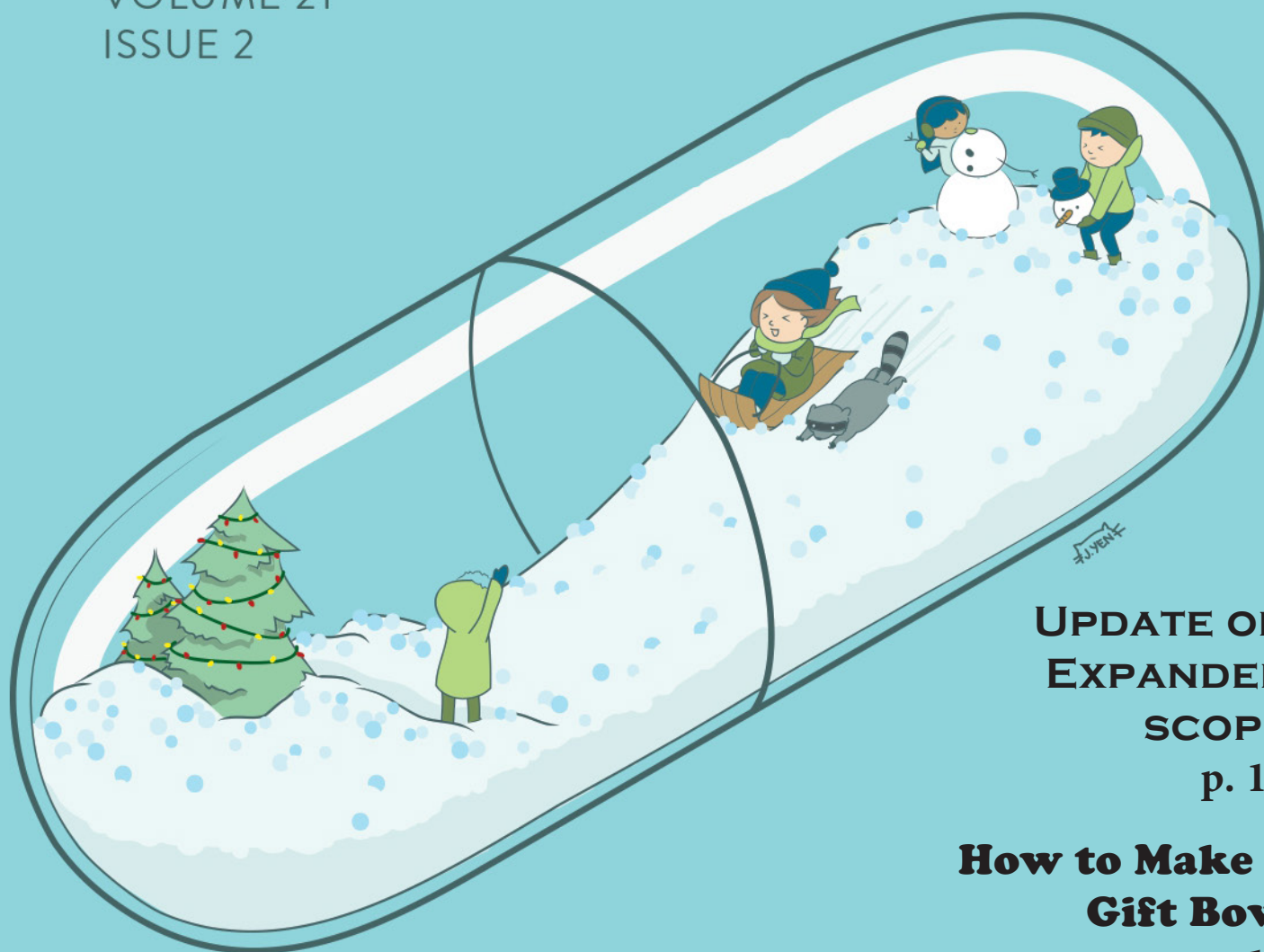


Monograph

VOLUME 21
ISSUE 2



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Hey Phamily!

Congratulations on making it to the end of classes this semester! These past few weeks have been busy with midterms and assignments, but we are approaching the finish line for the term. As final exams and the end of 2019 are just around the corner, we are pleased to present Issue 2 of The Monograph!

This semester has had many fun events such as CAPSI competitions, Charity week and Phollies, all of which are featured in this issue. In addition we will be featuring Holiday articles, updates from clubs, as well as artwork and photography from students. We will also be featuring puzzle contests where you can have a chance at winning prizes! We hope you enjoy this issue before the start of exams. Remember to take time for yourselves and to relax and breathe; the holidays will be here before you know it!

We would like to thank all the beautiful people who helped make monograph possible this semester! Shout outs to every contributor, from our photographers, to our artists and writers. A very big thank you to our layout team, for helping us make monograph pretty. We are honestly really grateful for all the help we get, and are happy to be able to showcase how talented and diverse this faculty is.

If you have any submission, questions, or would like to join our team, send us a message at monograph@uoftpharmacy.com

Good luck on exams and happy holidays!



Shelby and Andrew
The Monograph Co-Editors
monograph@uoftpharmacy.com

Monograph is impossible without writers like you!

UPS ADDRESS

Hey Pharmacy!

Congratulations on surviving this Fall semester!

From the adventure-filled Phrosh week, to partying on the Boat Cruise, to the most recent breathtaking Phollies talent show (kudos to our performers, volunteers, MC's, and Events Directors Aline and Alena) - our semester has been nothing but incredible!

A huge shoutout to all the student leaders of the varying clubs and councils who have taken the time to plan various activities for the student body! The amount of student involvement within our Pharmacy community is outstanding, and we look forward to seeing all the amazing initiatives coming this winter!

With the semester coming to an end, it is important to remember to eat, sleep, and take a break from studying this exam season. If you ever need anything, feel free to message us - even if it is for course/exam advice!

Wishing you all the best for your upcoming exams, and wishing you and your families a happy holiday.

We look forward to seeing you again in January!



JP and Gigi

UPS President and Vice-President
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Design by Jailyn Yen, 2T2

OPA PPI CONTEST

Sera Lee, 2T1

Chair, OPA-UofT Student Chapter

Hello everyone! We, the OPA-UofT Student Chapter held our annual PPI (Positive Patient Interactions) contest back in September. This contest has always been very inspiring, giving us an opportunity to come up out from the trees and gaze upon the forest, that is, the genuine value that we as pharmacy students bring to our patients. Through this contest, we asked students to share a positive EPE/APPE/work patient interaction. Here are the responses we received, and we hope that these experiences have you looking out for your own life-changing moments in your practice!



Edward Ho, 2T0

During my first week of APPEs in a community pharmacy, I had a patient who had controlled symptoms of asthma and COPD, but undetermined diagnosis of either, or a mix of the two. This patient was using a salbutamol inhaler about 8 times per day, in addition to three longer acting ones as well.

Noticing a trend in their medical history, I sent in a PO to his family doctor to switch his regimen from 4 to 2 inhalers based on recent studies. Although the patient was angry that I didn't communicate my intentions and thought process to him, he returned a few days later thanking me for improving his quality of life and for having genuine concern for his well-being. I followed up with him later on, and he is managing much better with only having to rely on only 2 inhalers and feels less burdened.

Amy Botross, 2T1

I did my EPE from May-June and that was during the month of Ramadan. A patient was prescribed clarithromycin q12h and expressed concern that she wouldn't be able to comply with the regimen because she didn't want to break her fast. I faxed her family doctor and recommended switching to Z-pack. The doctor approved the switch and patient was very appreciative of how we accommodated her needs.

Aleena Aslam, 2T2

At EPE a patient came to the pharmacy complaining about a side effect of acidity due to one of her medications. As a pharmacy student, I was able to conduct a MedsCheck with her and tweak her medication and food schedule so that she wouldn't experience the side effect anymore.

Julia D'Adamo, 2T2

My first ever counselling in EPE was for an older man with rosacea who was very self-conscious about it. He said the soap he was using was making it worse, so I recommended him a new one. He came back a few weeks later so thankful that his rosacea had improved!

Rema Kanna, 2T2

I had a patient who was discharged from bariatric surgery with a list of 7 medications and was very overwhelmed by the amount of medications he needed to be on. I counselled him on all of them and printed out a calendar with a schedule of when to take each dose. He took our pharmacy phone number in case he needed to ask additional questions and said to me “you will make a great pharmacist one day.”

Sadaf Fatima, 2T2

At my EPE, I came across a patient who was hesitant to pick up her medication. As a single mom taking care of a young baby, she did not want to risk experiencing the medication’s side effects because she believed that it may put her child at risk. I counselled the patient on the medication and walked her through the risks of not taking it; however the patient was still hesitant and so I advised her on non-pharms to manage her condition. A few weeks later she returned and told me she had been coping without medication and was thankful that someone talked to her about her condition.

Karen Yang, 2T2

At my EPE a patient came in to pick up their medications, which cost around 90 dollars in total. He commented on the price and proceeded to pay for his meds. I asked if he had updated insurance and it turned out he did. In the end, I was happy to tell him that he only needed to pay about 9 dollars, and he said he was really glad to see a health professional smiling as much as he was at the price change. To me this was memorable because we often forget how important it is to smile because of stress.

Glory Noveliani, 2T0

During my current APPE rotation, I had a lady who walked in with questions about her new medication and so I decided to sit down and complete a MedsCheck with her. She had untreated depression and inadequately controlled neuropathic pain. I faxed a PO to her family MD suggesting duloxetine in an effort to treat both issues; for which she was very grateful in knowing 1 drug could potentially help with the 2 growing issues.

During the MedsCheck, she also began to share some troubles regarding her mental health; how it contributed to her overall pain & had even made her quit work this past year. Due to that, she was having trouble affording all her medications. She began crying, and her story touched me to a point that I also began tearing up. I informed her of the Trillium program & printed off the forms for her to start her application to see if she would qualify. She was very appreciative of the time I spent with her & the “fixes” I was offering that she immediately expressed that gratitude to the pharmacist on duty after the MedsCheck.

She called later that day to further elaborate on how amazed she was for the “outstanding care” I provided for her to my preceptor. She dropped by the following Monday morning to personally thank me again & asked for my working hours as she requested for me to continue caring for her when possible. It warms my heart knowing how much of an impact we can have on patients.



ONTARIO
PHARMACISTS
ASSOCIATION

Advocating Excellence
in Practice and Care

EVENTS•

PHOLLIES

Christine Tan, 2T3



Lights, Camera, Action!

As a first year pharmacy student, I walked into the doors of George Ignatieff Theatre unsure of what to expect. As soon as 6:30pm hit, the world dimmed into a magical and unforgettable experience. Who knew pharmacy had that much talent? From magic tricks to singing and skits, every performance blew me away.

We are so used to seeing each other sitting in PB B150 or PB B250 or studying in the fishbowl and pod, we forget we are not just students, but outside the glass window panes of PB we are a diverse group of talented people.



Phollies was a perfect showcase for these talents and I am so lucky to have been an audience member and performer. The highlight of my night was finally walking off stage with my 2T3 Class Council members, knowing all our practice and last minute skit writing paid off! The overwhelming feeling of pride and relief must have been experienced by all performers that night and by the lovely Aline and Alena who put their hearts into planning phollies. Congratulations organizers, performers, volunteers and everyone who came out to show support. We definitely put on a show! P.S. Who else is counting down the 365 days to the next Phollies?



CLUB'S CORNER • CAPSI

CAPSI CORNER



Elaine Nguyen, 2T1 and Kristina Mielat, 2T2

What an incredibly busy month we've had!

We want to extend a big thank you to everyone who came out to participate in the CAPSI competitions that took place in October! This month was truly a success and it wouldn't have been possible without all of our participants. Both the CAPSI Council and our judges were extremely impressed by all the student talent – it was definitely a rewarding and fun experience for all those involved!

We are excited to announce the winners of our 5 major CAPSI competitions, who will be representing UofT at the national competition:

- Patient Interview Competition: **Nicholas Chiang** (2T0)
- Over-the-Counter Competition: **Keerthana Rajkumar** (2T0)
- Student Literary Challenge: **Malak Al-Ali** (2T2)
- Compounding Competition: **Andrew Tu, Samantha Cesario, Stephanie Lau, & Judy Ung** (2T2)
- Advice for Life Competition: **Bonnie Lam** (2T1)

Moreover, the winners of our Professional Development Week (PDW) Research Poster Competition are **Jenna Melanson** (2T2) and **Jeffrey Lai** (2T1)! On top of that, our PDW T-Shirt Design Competition winner is **Betelehem Gulilat** (2T3).

Finally, we would also like to announce **Elaine Nguyen** (2T1) as the winner of this year's Guy Genest Passion for Pharmacy Award!

On top of these competitions, we also hosted CAPSI's Pharmafacts Pre-Bowl! The Pharmafacts Pre-bowl is our annual trivia-style competition, which is focused on clinical and practical pharmacy questions; through this trivia, we select which 4 PDW delegates will represent UofT nationally at the PDW Pharmafacts Bowl! Our representing team is composed of one student from each class: 2T3, 2T2, 2T1, and 2T0.

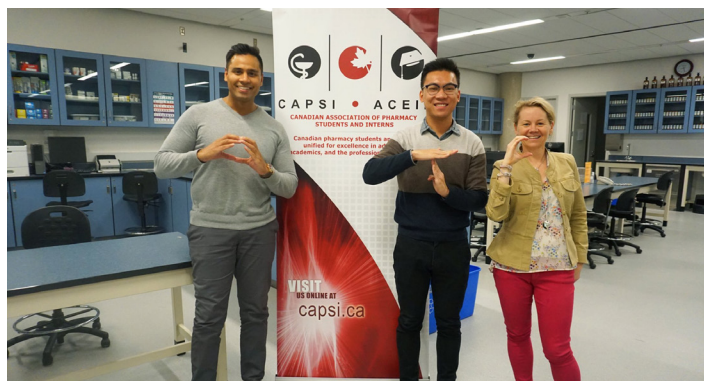
Fun fact: UofT's Pharmafacts team won 1st place at the national competition at PDW 2018 and 2nd place at PDW 2019!

PDW is being held in Montréal, Québec from January 8-11, 2020, and this year's theme is "Innovating Through Time." Highlights of PDW this year include: a Vintage Circus-themed gala, motivational speakers, a social night in downtown Montréal, a Montréal Neighbourhoods-themed Canada's Next Top Pharmacist, a 1920's Speakeasy gala, and much more!

CAPSI National Executive Council Elections will also be held at PDW! We look forward to seeing some familiar UofT faces run for a national position for the opportunity to serve and advocate for pharmacy students across the country!

Once again, thank you everyone for an amazing CAPSI competition season!

♥ -Your CAPSI Team



Malak Al-Ali, 2T2

the available services and to gather insight on improvements that can be made to meet community needs³. In addition, the More Than Meds program supplies pharmacists with readings, live training and an online platform that includes resources, a list of available health services and quizzes to test the pharmacist's knowledge. Pharmacists are also paired with individuals from the community that live with mental illness to understand their daily challenges and attempt to diminish the stigma associated with mental illness that often discourages patients from seeking necessary help³. The success of the interventions in the More Than Meds program was measured through a small, non-randomized control trial and showed positive results³. Overall, providing specialized training to pharmacists on mental illness management has shown to reduce stigma and allow pharmacists to identify and implement interventions that are helpful to patients living with mental illness².

[illegible]

Furthermore, pharmacists play a crucial role in medication management, especially for patients living with mental illness. The Bloom program in Nova Scotia illustrates the pharmacist's ability to adapt medication therapy management to address both the patient's physical and mental health needs⁴. Pharmacists, as part of the program, conduct thorough patient-centred medication reviews, make referrals when appropriate and help patients find local services that complement their pharmacotherapy³. The Bloom program provides the necessary support to patients through the pharmacist to allow patients living with mental illness move towards recovery within 6 months (or longer)⁴.

FEATURE • CAPSI Student Literacy Challenge Winner 2019



Pharmacists, within their role in medication management, can also help curb opioid dependence through opioid agonist therapy⁵. People living with mental illness are twice as likely to have substance use disorders¹. The Canadian Government conducted a national study (from December 2017 to February 2018) that showed those who died from an opioid overdose were more likely to have experienced stigma, have little to no social support and have a history of substance abuse or poorly managed mental health issues⁵. Opioid agonist therapy with medications such as Methadose or Suboxone can lift the burden off patients who suffer from mental illness and concurrent substance use disorder. Opioid agonist therapy has had positive outcomes in helping patients gain control of their life in order to address the social, physical or psychological

factors that contributed to their opioid use⁶. Opioid agonist therapy should be complemented with mental health management and social support to provide the best outcome for patients⁶.

Impactful steps towards addressing mental illness through open discussions, thorough medication reviews and innovative health practices such as the More Than Meds and Bloom programs have significantly changed how mental illness is approached. Pharmacists have a responsibility to their patients to provide quality care which involves being adequately trained to prevent, detect and treat mental illness. Pharmacists are in a position to have a meaningful impact on a patient's quality of life.

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Charity Week: Class of 2T3



Henry Cheung, 2T3

For charity week this year, the 2T3's decided to support research being conducted at the Centre for Addiction and Mental Health (CAMH). CAMH is the largest mental health teaching hospital in Canada, whose research aims to better identify and treat mental illnesses. Besides research, CAMH is known for the many programs and services they provide for patients who need support, education and treatment for mental illnesses such as addiction, schizophrenia, and dementia.

The 2T3 student council hosted a wild Pie Your Class Council event to raise money. A big thank you to our vivacious VP Christine, for planning the event and bringing the 7 cans of whipped cream and rainbow sprinkles. We had a great turnout with pies being smeared and faces turning into a sugary sweet mess at every minute. Besides the feeling of getting cream stuck in our ears, the event was fun and was a great way to get people involved with charity. Many thanks to everyone who participated in this year's charity week and I hope you all enjoyed the events that were going on!



Charity Week: Class of 2T2

David Czosniak, 2T2



For charity week this year the class of 2T2 decided to donate our raised funds to West Neighbourhood House. This organization is focussed on helping less advantaged individuals and families gain more control over their lives through diverse projects including housing, employment, immigrant and refugee services, and response to women's abuse programs.

To support West Neighbourhood House our class council decided to hold two different fundraising events. Firstly, we sold pasta, popcorn, and handcrafted pill keychains in the atrium at school. We followed that up with an online auction where the class could bid on pairs of council members hosting different events. These events included: an excursion to the Rec Room, a bootcamp workout, a spa night and photoshoot, a wine and cheese night, a video game evening, and a carb filled pizza cooking experience.

Overall the class of 2T2 raised \$838.25 and is proud to donate it to West Neighbourhood House and do our part in giving back to the community!



Charity Week: Class of 2T1

William Nguyen, 2T1



For this year, the 2T1 class council raised money for the charity, “Youth Without Shelter”, a charity dedicated to helping end homelessness in the local youth population. They run multiple programs, all of which are meant to enable youth to live responsibly and independently. It is a dubious honour that Toronto, being one of the wealthiest cities in the world, has the largest homeless population in Canada.

During Charity Week, the class of 2T1 hosted 3 main events to help fundraise money: a bubble tea sale, a succulent sale, and an exclusive yoga class led by a certified instructor. Excitement and generosity extended to the class council auction in which students bid on their peers to attend activities such as climbing, photoshoots, bowling, escape room, a SpinCo spinning class and a visit to the museum of illusions. Owing to the great enthusiasm from the class of 2T1, the class council members, UPS, and especially to our Vice President, Teagan who flawlessly executed Charity week in a smooth manner, the class of 2T1 raised the most money for charity, raising \$926.50. Henceforth, the Dr. Kennedy Charity Award was bestowed to the class of 2T1 in recognition of this achievement. Congratulations to the class of 2T1!



Charity Week: Class of 2T0



Wendy Chen, 2T0

Charity Week 2019 is a wrap! The 2T0 class turned the atrium into a U of T Pharmacy shop and sold various merchandise, including beanies, sweaters, and vacuum-insulated bottles. We were able to raise \$845, all of which will be donated to the Daily Bread Food Bank, a charity that provides food support to member agencies' food banks, and also homemade meals to agencies that operate shelters or drop-in programs. Daily Bread's kitchen feeds up to 5,000 people per week across Toronto!

On top of all this, the Undergraduate Pharmacy Society (UPS) also held a week-long raffle for amazing prizes, in addition to the highly anticipated Professor Auction where students bid for a chance to interact with faculty members outside of the classroom setting. These two events raised a whopping \$6233 (new record!), which will be divided equally among the four charities.

Thank you everyone for making Charity Week such a fun and successful one; until next year!

CSHP CORNER • Interview with Alysha Prata



Matthew Lau, 2T1

Alysha Prata is an inpatient pharmacist at CAMH, Canada's largest mental health teaching hospital and works on a short stay disorder unit for individuals with mental health and substance use concerns. I had the pleasure of interviewing Alysha about her work at CAMH as well as her views on hospital pharmacy as a career. If you're interested in learning about how pharmacists fit into the field of mental health, be sure to give this interview a read!

M: Tell us a bit about yourself (work experience, past education, current work).

A: I entered pharmacy school at the University of Toronto (UofT) in 2011 and was part of the first entry-level Pharm D graduating class in 2015. After graduating from pharmacy school, I worked for a short period of time at a pharmacy servicing Long Term Care homes before moving on to my current place of work, The Centre for Addiction and Mental Health (CAMH). Prior to pharmacy school, I completed a Bachelor of Science, majoring in Biomedical Toxicology at the University of Guelph.

M: How did you enjoy going to the University of Toronto for pharmacy school?

A: I grew up in Toronto, so I enjoyed moving back to the city after spending the previous 4 years in Guelph. UofT has a very large and beautiful campus, but I spent most of my time in and around the pharmacy building. Over time, it began to feel a lot like my second home.

M: How did you end up as a pharmacist at CAMH?

A: During pharmacy school, I found myself drawn more and more to the study of mental health and addictions. I really enjoyed the coursework and I also did some volunteer work in this area. I was able to secure a placement at CAMH during one of my final APPE rotations... which I couldn't have been more thrilled about! It was during the rotation that I was able to form positive professional relationships with my preceptor and other CAMH colleagues. A few months out from graduation, a position became available... I applied and here I am!

M: What are some of your main responsibilities as a pharmacist at CAMH?

A: For the majority of my time at CAMH, I have worked in the capacity of an inpatient clinical pharmacist on a short stay concurrent disorder unit for individuals with mental health and substance use concerns who have recently completed withdrawal management. The main responsibilities for this role include significant involvement in medication reconciliation at admission and discharge, new medication counselling, answering drug information questions, running medication related groups for clients, precepting pharmacy students, and participating in medication related committees.

Recently, however, I have been seconded to project work where I am participating as a member of a team focused on the planning, implementation and incorporation of medication reconciliation into the outpatient clinics at CAMH. This opportunity has allowed me to build new skills and gain a better understanding of the multitude of services offered at CAMH.

M: What does a typical day look like for you?

A: Currently in the project work I am doing, my day usually consists of a combination of independent work and team collaboration. There are multiple initiatives within the larger project that are concurrently in progress, so time management and organization are critical. I complete medication reconciliation training with prescribers and participate in meetings on a regular basis.

CSHP CORNER • Interview with Alysha Prata

M: In what ways has the practice of hospital pharmacy changed over time?

A: I am a fairly recent graduate, so my perspective may differ from others who have been practicing for longer, but what I can say is that the field of mental health & addictions in particular, has seen lots of change, even just in the few years I have been working as a pharmacist. At CAMH, we are working towards 'Vision 2020'. Construction is underway to erect new buildings, allowing for greater capacity of inpatient beds in response to greater need seen in recent years. We have been working with an electronic health record since 2014 and are recently contributing documentation to Connecting Ontario to increase communication in the circle of care. Also, at CAMH, like many other hospitals, there is a shift towards providing more clinical services by our pharmacists, ensuring that we continue to be centrally involved in the care for clients at CAMH.

M: How do you think hospital pharmacy is unique from other areas of pharmacy?

A: Working in hospital pharmacy allows you to be connected to a variety of healthcare providers and relevant clinical data (documentation, laboratory results etc.) in seconds. This allows your interventions and recommendations, as the medication therapy expert, to be more client centered and effective. Additionally, when working in a larger organization, there are many opportunities to participate in continuing education and experience different roles outside the scope of a clinical pharmacist (ex. committee work, education coordination etc.)

M: How do you think CAMH is different from other hospitals in Toronto?

A: CAMH is an organization dedicated to providing care specializing in mental health and addictions. At CAMH, there are multiple specialty inpatient units and outpatient clinics, created to fit the diverse needs of our clients and community.

M: What do you like the most about your job?

A: I love that the goal for all our clients is recovery oriented. I love being a part of breaking down stigma related to mental health and addictions. I love that I have become more comfortable in having conversations with people about my own mental health.

M: What would you say is the most challenging part of your job?

A: One challenge that will occur in any healthcare related work is trying to find time to maintain your wellness and self care while working in a busy and demanding field. It can be difficult to do, but this is something I have recently been trying to prioritize. Spending some time each day to check in with myself and make sure I continue to do things that revitalize my energy and focus. Taking care of yourself actually makes you a more effective and efficient care provider.

M: What advice would you give yourself if you were just entering pharmacy school?

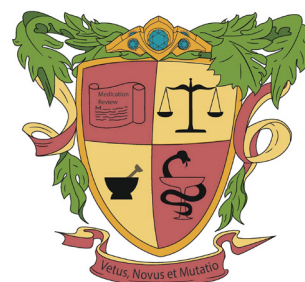
A: Be inquisitive, ask questions, and prioritize your wellness!

M: [Therapeutic question] Clozapine is sometimes seen as being superior to other antipsychotics though it is associated with a large number of life-threatening side effects. What are your experiences with clozapine and how do you see it used at CAMH?

A: Clozapine can be an extremely effective medication option for individuals with treatment resistant schizophrenia and is regularly used at CAMH. While there can be risks associated with the side effects of this medication, employing an effective and realistic monitoring plan often allows the care team to intervene quickly should a side effect occur. Pharmacists can be closely involved in the monitoring and management of adverse reactions in addition to medication education for clients and their supports.

Expanding Scope of Influenza Vaccinations

Arnold Ruste, 2T3
EVOLVE Social Representative



Ontario officially kicked off their Flu Shot Campaign on October 30, 2019, marked by the Deputy Premier and Minister of Health, Christine Elliot's attendance at the Rexall Pharmacy at Women's College Hospital to receive an influenza vaccination.

According to the 2019/2020 Universal Influenza Immunization Program (UIIP), influenza vaccines are provided for free to all individuals six months of age and older who live, work or go to school in Ontario. The vaccination is especially important for high-risk groups that could reach complications leading to hospitalization: pregnant women, people over 65, children 6 to 59 months, Indigenous people, people with chronic health conditions, and people in nursing homes and chronic care facilities.

The influenza vaccine is publicly funded and available at participating pharmacies, primary care providers, public health units, long-term care homes, workplaces, hospitals, community health centres and various other settings. Pharmacies are only able to participate following an application through the Pharmacy Program of UIIP and approval from the Ministry of Health.

The current scope of practice involves pharmacists, pharmacy students and interns located in a pharmacy to administer the influenza vaccine within the context of UIIP. The member must be registered with the Ontario College of Pharmacists (OCP), trained to administer injections through an OCP-approved course, and have valid First Aid and CPR certification. The current scope of practice to administer the influenza vaccine is limited to patients five years of age and older.

The OCP is currently working with Ontario's Ministry of Health to draft regulations to expand the scope of practice of pharmacists. The Ministry of Health has requested draft regulations concerning influenza vaccine administration, prescription renewal, substance administration, point of care testing, and minor ailment prescribing. Recently, the OCP collected feedback from pharmacy professional and members of the public on proposed amendments to the General Regulation 202/94 of the Pharmacy Act, Part VII.3 (Controlled Acts). One of the scope-related amendments involves the administration of the influenza vaccine to children as young as two years old, in comparison to the current scope of five years of age.

By expanding the scope of pharmacists to administer the influenza vaccine to children as young as two years old

Since the conception of the draft regulations, the OCP has held council meetings and public consultations to collect feedback. The last meeting was held on November 21, 2019 to finalize the regulatory amendments to be submitted to the Ministry of Health by the November 30, 2019 deadline.

By expanding the scope of pharmacists to administer the influenza vaccine to children as young as two years old, it allows improved access to care and improve health outcomes for patients.

Compounding Opportunity & Mentorship Program for Pharmacy Students (COMPPS)

Kamel Lezzaik, 2T3



At the September Clubs Fair, the COMPPS booth taught me how compounding can transform medication to fit the particular needs of patients. After learning about compounding, I wanted to try it for myself. Fortunately, COMPPS holds workshops where students get to compound - and earn a UPS point for attending!

The first COMPPS event this year was a workshop where we got to compound vanishing cream, perfect for October! The workshop started with a brief presentation covering relevant safety information as well as what lab techniques would be used. After the presentation, we went into the lab to try it for ourselves, following along with step-by-step instruction handouts. We used geometric dilution to ensure uniform distribution of ingredients in the final

product, and levigation to incorporate a non-soluble powder into the base without clumping. A word of warning - make sure you add enough levigating agent to your powder, or you can mix it for days without attaining a uniform mixture! The last step, packaging, took longer than expected in order to create the perfect tip in the surface of the cream.

I liked the vanishing cream for the first workshop; it introduced new lab techniques that were challenging at first but not overly difficult once you got the hang of them. And if you struggle, the COMPPS team is more than happy to help you until you get it right. COMPPS workshops are like low-key, easygoing chemistry labs - and the best part is, there's no report to write afterwards!

Pharmacy Student Service Team (PHASST)

Alena Tran, 2T1



Every year the Pharmacy Student Service Team participates in the Yonge Street Mission Christmas Market. We help parents in selecting donated gifts for their children at the Toy Drive or help in distributing food at the Food Drive. Yonge Street Mission is a Toronto organization that supports individuals, families and communities to move forward to mitigate poverty in the city.

If you are highly interested in helping us give back to our community this holiday season, keep a lookout for a Facebook post sometime in late November. Our volunteer dates are usually early December or after exams.

We look forward to seeing you all out there this holiday season - let's continue to bring this tradition forward!

Holiday Wellness



Stephen Fong, 2T2

After an excessively long and grueling day on October 29 (lecture from 9 am to 5 pm, and then midterm from 6 to 8 pm? What fresh hell was that...) I walked to the Bahen Center. I was exhausted, both physically and mentally, from the day's toll but I went anyway because the September 27 suicide was at the forefront of my mind.

In fact, it never really went away. I didn't know the person. I don't know anything other than the date. But I remember that this isn't the first time something like this happened, and that the university has gone on record to say that they would install new safety barriers. So, I went to see what they did.

They've installed temporary walls on the higher floors at some of the railings. Some of the floors have extremely limited access. Otherwise there's not much "change" that's taken place – which to be fair, it has only been a month...but you'd think after so many incidents in the same place, the University would move a bit faster. ...but as a friend pointed out while writing this, "be careful about putting a sad article in the midst of happy time" at which I gave a soapboxy response and kept writing. Then I deleted what I wrote because, whoa, maybe she was right. Is writing a sad article for a holiday issue appropriate?

Yeah, I think it is. We're finishing up the first term of our respective years, and then a two week break before term two starts (the specter of ID looms...). It'll be a good time to relax, recharge, but to also remember.

Remember where we are, who we are, and why we chose pharmacy. Remember the people in our lives and to celebrate them, because they give our lives meaning. Remember that no per-

son truly flies solo, that our lives always have an effect, good and bad, on people around us.

Life can, and often is, unfair. There is so much pain, sadness, anger, and hate everyday, and I don't mean in the world, I mean in ourselves. We get rejected in romance. We fail tests despite our best efforts. We get made fun of or chided behind our backs. We blame others and ourselves. People tell us to remember that others may have it worse, but what good does that mean when we aren't living their lives, but we live our own? What is empathy if we aren't shown it in the first place?



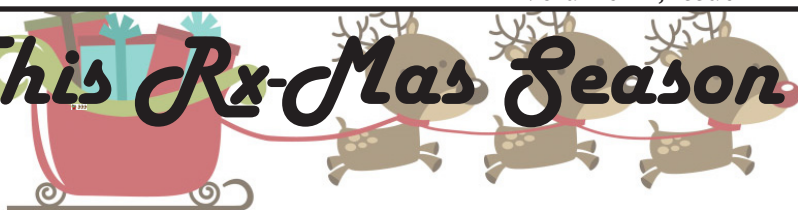
What good is a placating response like "it'll be better" when it doesn't look possible that it'll get better?

But giving up completely isn't the answer. There's always another day to the fight, always more. There's always people that will provide support. This holiday, sit, relax, recharge, and celebrate with friends and family. Celebrate the people that will offer a supporting hand when things become bleak and when things don't look like they can get better. Give a toast to friends, family, and the fact that we're still here, fighting.

To our fellow students, past and present, whether you're still with us or have gone on to other things: Happy holidays. Happy holidays everyone.

Phun Events This Rx-Mas Season

Amar Deonandan, 2T3



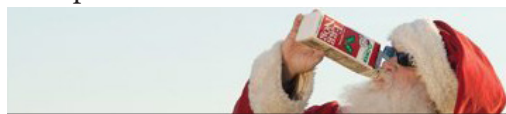
So, you made it to the end of November. What does that mean? Cramming for exam season? Well yes, but no. If you haven't noticed, Toronto is in full holiday swing, with tons of activities for you to celebrate the Holiday cheer. So while you're busy cramming for immunology/metabolic biochemistry (insert your difficult course here), don't forget to check out some festivities in-between! Here's a short list of some major events happening around the city.

Cavalcade of Lights

Coming up very soon is Toronto's Cavalcade of Lights, Toronto's official start to our holiday season. The Cavalcade is on November 30th from 6pm-10pm at Nathan Phillips Square (100 Queen St. W) and will feature musical performances, ice skating, and fireworks to coincide with the lighting of Toronto's 18 metre Christmas tree. This is one event you definitely do not want to miss! More information can be found at <https://www.toronto.ca/explore-enjoy/festivals-events/cavalcade-of-lights/>.

Toronto Christmas Market

One of Toronto's most well-known Christmas traditions is coming back for its 9th year. Located at 55 Mill St. in the Distillery Historic District, there are plenty of activities to see and enjoy, including musical performances, and getting a picture under the Heart of Christmas with someone special ;). The Christmas Market runs from November 14th to December 22nd, 12pm-9pm Tuesday- Thursdays, and Sunday, and 12pm -10 pm on Fridays and Saturdays. Note the market is closed on Mondays. Personally, I'd recommend going on a weekday, as it is free and the line ups on the weekends can be outrageous. More information about the Christmas Market can be found at <http://tochristmasmarket.com>.



Canada's Wonderland

For the first year ever, Canada's Wonderland will be hosting Winterfest, an event filled with no shortage of activities, including cookie baking with Mrs. Claus, craft beer and ice wine tasting from Ontarian breweries and wineries, rides, and of course skating to cheerful holiday music and bright holiday lighting. Winterfest is open between November 22nd-December 31st and generally runs between 5pm-9 or 10pm. While tickets are normally \$22 each, there are discounts for 2019 Season Pass Holders and to their guests. More information about tickets and attractions can be found at <https://www.canadaswonderland.com/play/winterfest>.

Aurora Winter Festival

The Canadian National Exhibition is also hosting the Aurora Winter Festival on Ontario Place's West Island between November 22th, 2019-January 5th, 2020. Come relive some of your summer CNE favorites at the Winter Festival, including a breath-taking view from the Ferris Wheel, to the thrilling drop of the Sea Ray Ride. Snow tubing will also be available for those looking for a winter-themed thrill. The Festival runs from 2 or 4pm to 10pm on an intermittent schedule with tickets starting at \$18. More information can be found at <https://www.aurorawinterfestival.com/toronto/>.

Lakeshore Santa Claus Parade

While Toronto's Original Santa Claus Parade may have passed, there is still a chance to see Santa at the Etobicoke Lakeshore Santa Claus Parade. The parade will run from 10am-12pm along Lakeshore Blvd. West between 1st Street to 35th Street. Lakeshore's Santa Claus Parade is a massive event with over 60,000 people attending every year. Bring your skates, because after the Parade there will be skating with Santa between 12pm-4pm at Colonel Samuel Smith Park (3145 Lake Shore Blvd W). More information can be found at <https://lakeshoreparade.ca>.

While this list has been mostly comprised of Winter Festivals and Christmas markets around the city, there will be no shortage of festivities taking place around the GTA this Holiday Season. Make sure you enjoy these activities between your cram sessions while you chug eggnog listening to Mariah Carey on repeat on Spotify.

ORIGAMI HOW-TO: HOLIDAY GIFT BOW

Henry Cheung, 2T3



Want to top off a wrapped gift with a bow this holiday break but forgot to buy one? Here is a super quick and easy origami version you can make at home! It is best to use coloured paper or patterned origami paper.

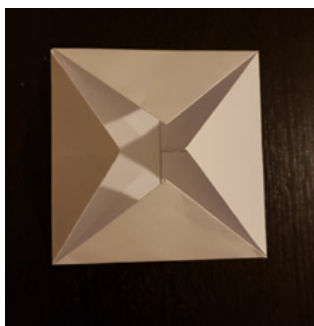
1. Fold two diagonal lines across the center of a square piece of paper to make an X as shown



2. Fold the four corners towards the center



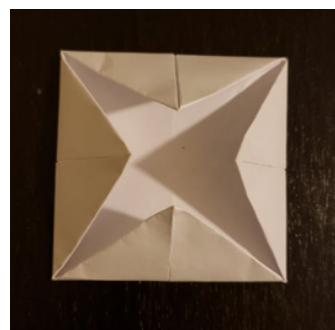
3. Again, fold the four corners towards the center



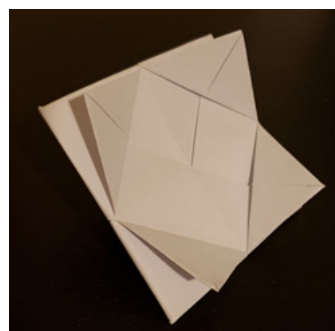
4. Turn the model upside down



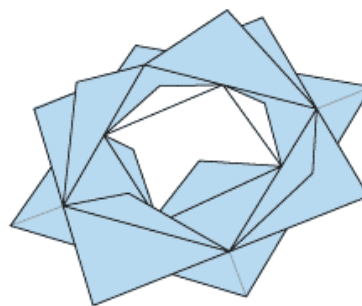
5. Fold the four corners towards the center



6. Turn the module around and unfold the triangles outwards



7. Continue unfolding the inner triangles until you get a figure as shown below



Colouring Page



PHARMA TO FARMER

IPSF STUDENT EXCHANGE

Jeffrey Lai, 2T1

As much as I love travelling, I usually feel guilty for not doing anything productive thanks to my workaholic gene. Coming across the opportunity to do a pharmacy exchange through IPSF was perfect for me, as it was a once in a lifetime chance for me to both travel and be productive-ish. There was a list of countries to choose from: I fantasized myself hiking up the Machu Picchu; petting a quokka in Australia. I ended up picking Taiwan because Soojin (2T0) went there the year before me, and she highly recommended me to go to Taiwan. As a foodie, Taiwan is amazing, I remember googling “Taiwan food” and my stomach was growling loudly.



Right after April exams, I began my 1-month exchange in Taiwan. I was welcomed by local students holding a banner in the train station. Their enthusiasm warmed my cold Toronto heart. They were so caring and friendly that I understood why MTM CIs said I lack empathy. Other than myself, there were also two Indonesian students who joined the same program and did rotations with me. My first week rotation was in a rural community pharmacy. By rural, I meant the patient population were farmers and the town had only 400 residents. Given their limited health literacy, patient education was of utmost importance. One night, a farmer called for a cream for his swollen foot. When he arrived at the pharmacy, his right foot was double the size of a normal individual's, his foot appeared black and had a foul smell. It was a severe diabetic foot infection.

In class, I learned from the black-and-white lecture slides, but when I was sitting next to the person, it was different. How could I possibly break the news to him that his foot was likely going to be amputated?



My next rotation was at a medium sized hospital. Each day I was sent to different departments e.g. neurology, ICU to shadow the doctors and pharmacists on rounds. In the picture, the neurologist was verbalizing his thinking process to us for a patient who had Bell's palsy; we were looking at the patient's MRI together to identify areas affected by a stroke (also me: pretending to understand). The doctors and pharmacist were very friendly, many of them volunteered their own time after rounds to help us work up patients, and answer any questions we had.

At 4, after 7 hours of information was when the real fun began. Perhaps in EPE, you need to study after work; as an exchange student, you can put everything behind. Tea time in Taiwan is heavenly because bubble tea is cheaper than \$1. After work, local students would bring us around to explore the city; we went to night-markets, beaches, scuba-diving, art festivals, karaoke, and so on. I became close friends with a few of them and we are planning to go to each other's convocations! My short stay in Taiwan was eye-opening with many first-times and adventures. No matter if you are travelling soon or not, I encourage you to step out of your comfort zone!



VAPING AND HEALTH RELATED ISSUES: WHAT WE KNOW

David Czosniak, 2T2

With vaping becoming more and more prevalent in society, especially in younger populations, its health impacts require better understanding. This has culminated in health issues, specifically “e-cigarette, or vaping, product use associated lung injury” (EVALI), coming to prominence related to the use of vaping products.

While vaping has been proposed as a healthier alternative to smoking cigarettes, there are still many known drawbacks to its use. Vaping works in a different method relative to smoking. It functions by heating up a liquid creating a vapor which is inhaled, while cigarettes work by ignition resulting in inhaling smoke. Vaping can be preferred not only for this reason, but also because its use likely results in less exposure to the harmful chemicals in cigarettes, including tobacco.

However, the levels of nicotine, one of the addictive components of cigarettes, are not as consistent across the different vaping products. Some products contain low levels to none, while others have more nicotine than the typical cigarette.

Much of the concern with the health implications of vaping is related to the lack of understanding of how the chemicals in these products physiologically and biochemically affect our bodies when vaped. While these chemicals are well understood in certain contexts, their impact when inhaled is not as well characterized. Additionally, due to vaping being a relatively recent development, the long-term health impact is not yet fully understood.

The lack of understanding of the impact of vaping has led to widespread attention due to many hospitalizations directly related to vape use. As of early November, there have been 2051 reported cases of EVALI in the United States (1), while there have been 7 confirmed or suspected cases in Canada (2).

The specific cause of the EVALI has yet to be determined, although one suspect is vitamin E. Vitamin E can be used as an additive in vape products, including some that contain THC. In recent testing performed by the Centre for Disease and Control Prevention in the United States, it was found that vitamin E was identified in lung fluid samples in all patients affected with EVALI (29 total). Additionally, in 82% of these patients, THC was also found in their lung fluid (1).

Health Canada has now suggested, to lower EVALI cases, that vapers not use illegal or unregulated vaping products due to the lack of quality assurance and safety over their production. Additionally, they suggest that vapers monitor themselves for any symptoms of lung illness (coughing, shortness of breath, or chest pain) and to seek medical attention if any of these symptoms arise.

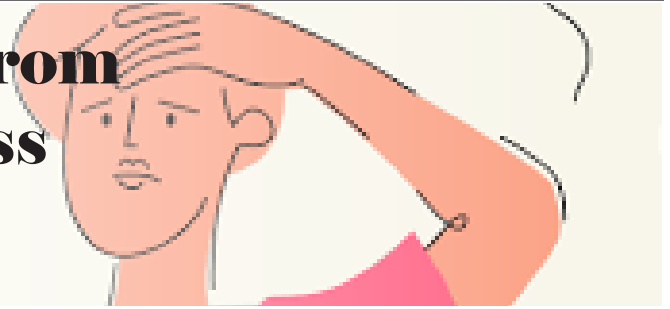
As we learn more about vaping and its health effects, we will be able to understand how it works and plan for the negative health outcomes associated with it. This will hopefully lead to stronger regulation and result in limiting cases of EVALI in the future.

References

- 1) https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html
- 2) <https://www.canada.ca/en/public-health/services/diseases/vaping-pulmonary-illness.html>

Life Lessons Learned from Having a Chronic Illness

Rosa Del Giudice, 2T1



I'll never forget that one migraine episode I had for 6 days between April and May 2015. I was a grad student at Western at the time, and all I was focused on was trying to do my experiments, and then trying to get myself on the bus home without falling or fainting on the street. The pain was throbbing, relentless. I just wanted to be free of pain. I couldn't cook for myself, I couldn't sleep, and I couldn't eat. After that episode, I was referred to the neurologist for the first time in my life, and I've been seeing the neurologist ever since to manage my migraines.

Even though migraines are not a life shortening illness, migraines were found to be one of the five leading causes of years of life lived with disability in 2016 (Lancet, 2018). This means that many people spend a large proportion of their life affected by migraines, and these years are often filled with a decreased quality of life. I know for a fact that for many years, my quality of life was reduced by at least half, because I was constantly worried, I would wake up in excruciating pain for days, like I did in 2015, and that I would never be able to finish school or have a full-time job. The pain was often so bad that my productivity was reduced by half too.

Thankfully my migraines are better today, but I know they will be there for the next 25 to 30 years. A few years ago, I would have taken this piece of information and let it ruin my outlook on life. I have a bit of a different attitude towards my migraines now, even though they have the potential to lower my quality of life. What good has come from having this chronic illness? For one thing, I've learned to listen to my body, and I think everyone should as well. There is so much pressure to succeed in pharmacy school. There are so many assignments, quizzes and exams, but that doesn't mean you should neglect your body. I know when I feel a certain way, I need to call it quits for the night, or even take a break and go back to work once I'm rested and feeling better.

Remember, you only have one body, and your mental and physical health need to be your top priority.

I've also learned how important pharmacists are in chronic disease management. We have the power to truly impact patient care once we graduate. I cannot tell you how many times I relied on my own pharmacist to communicate information to me in a clear, succinct way when new medications were added to my drug regimen, and when doses changed. I was always treated with compassion and with respect by my pharmacist throughout the years as well, and I think that's part of the reason why I chose to be a pharmacist. I want to show the same compassion I was shown, to my patients when they come to my pharmacy. When I become a pharmacist, I plan to lend an ear to listen to people and their concerns in the face of a chronic illness, and to help them with their drug regimens so that they can maintain their quality of life.

Finally, I've learned to recognize when other people are struggling, and help them in any way that I can. Just like I have my health challenges, others have their own challenges they need to face in day to day life. When someone is struggling, I do my best to lend a helping hand, give a smile, or just be a listening ear. Many people I see on a day to day basis have helped me out throughout the years with my migraines, whether it was through assisting me with the activities of daily living while I had a migraine, being a listening ear when I was upset, or helping me with schoolwork when I couldn't be as productive. I feel the need to pay it forward. If someone has a chronic illness, put yourself in their shoes. If they come into the pharmacy upset, they may have gotten news from their doctor that their medications aren't working and they need to try something else, which can cause frustration, or that they're frustrated that they're in constant pain. Listen to your patients, show compassion, and try the best you can to support them in their journey through life with chronic illness. Your patients will appreciate it.

Review of the Restaurants

William Ngyuen, 2T1

Midterm season is like hurricane season, but despite the stresses, the expression ‘every cloud has a silver lining’ applies here. After midterms, I had the opportunity and time to try out restaurants and places, some by word of mouth, and others with my friends.

Sabai Sabai Kitchen and Bar

Pai's other sibling

81 Bloor St E

★★★★☆

Food: ★★★★★

Service: ★★★★★

Cost: ★★★★★

Distance: ★★★★★

This is one of the few establishments that sells Lao food in Toronto located downtown in the glitzy Yorkville. Pai and Sabai Sabai are like siblings; similar and excellent in many aspects, yet have subtle noticeable differences. Both siblings are thriving in many aspects from their interior décor, the price, the service and the food. Certain dishes offered only at Sabai Sabai: Khao Poon (\$17) and Pad Gra Prao (\$15). Khao poon is a spicy Lao soup consisting of rice vermicelli with curry, tamarind, Vietnamese coriander, your choice of meat, assortment of bean sprouts, and Thai Holy Basil on the side. While a heavy dish overall, the harmonious balance between the spicy, the sweetness, and the vegetables complementing the texture of the soup made the dish heavenly. Pad Gra Prao is a popular dish in Thailand that consists of stir-fried pork with Jasmine rice, eggs, cucumber, and Thai Holy Basil. This dish is best characterized as having a simple and clean flavour – a great dish on the lighter side. I am yearning to go back to Sabai Sabai to try their dinner menu.



Phở Hưng

unique approach to Hu Tieu

350 Spadina Ave

★★★★☆

Food: ★★★★★

Service: ★★★★★

Cost: ★★★★★

Distance: ★★★★★

I first tried this restaurant when my friends invited me out to eat, before the compounding competition. This restaurant is located in the heart of Chinatown, not a far walk away from PB. The menu is big and intimidating like any Vietnamese restaurant, but, as the name suggests, I highly recommend trying out their pho. For truly adventurous people, one dish I tried was Hu Tieu (known as Ka Tieu/Kuy Teav in Cambodia), a popular pork-based soup sold in the southern part of Vietnam and Cambodia consisting of rice noodles, herbs, and other garnishes/vegetables (\$8). Phở Hưng takes an unconventional approach to the Hu Tieu, emphasizing the pork broth and using lettuce rather than traditionally focusing on complex yet subtle and clean flavours. The result is a warm, refreshing soup, to relax from the stressors of life. One positive thing is that the herbs/vegetables still complement the flavour of the Hu Tieu though the lettuce appears unnecessary. Almost all the small dishes cost under \$10. Service was good; the staff were patient when we as a group decided how much each person should pay, a subtle Asian trait of how to pay in Asian restaurants.

JOE'S JOKER REVIEW

Joseph Correia, 2To



Joker was easily one of my most anticipated movies of the year. With all of the cinematic universes in the comic book genre, it was a breath of fresh air to have a stand-alone movie that didn't have the obligation to create threads that attach to other films.

Don't get me wrong, I love what Marvel has done with their comic book movies and I even like, to a lesser extent, what the DCEU (DC Extended Universe) has done with some of their films. However, the problem with these cinematic universes is that for them to work, all of the films within a universe have to be relatively similar to each other to some extent.

For example, if one is to believe that Thor is to exist in the same world as Iron Man, the movies have to establish a world in which both of them can coexist. Movies do this not only through creating references to one another in their respective movies, but by creating patterns of storytelling in the films and consistencies in their tones. If I am trying to describe a Marvel movie and I say: "You know, that one with the character with the charismatic personality, good looks, kind of funny sometimes, and the film's got that really cool action scene at the end," it would be difficult to narrow down that list of movies.

Joker was self-contained and, with the exception of a few minor appearances, it hardly had any other iconic characters in it. In fact, Arthur Fleck or Joker were in almost every frame of the movie. While this focus on a centralized character used to be the norm, it has now become the exception. Instead of taking inspiration from other comic book films, it primarily drew inspiration from classic films such as *Taxi Driver* and *The King of Comedy*, which were two Scorsese films that also portrayed a man's slow decent into madness. I won't say much about Joaquin Phoenix's performance because it must be seen to be fully appreciated. The film cleverly uses the Joker as an unreliable narrator, which fits the idea brought forth in the comics and hinted at in the equally brilliant *The Dark Knight* film that the origin of the Joker can never really be fully fleshed out.

My only issues with the film are that it could have used a little more Joker and less Arthur Fleck. There were also some connections to Batman that felt a little forced. The Joker that is created in the film never really feels like he would be able to stand up physically or even intellectually to Batman, therefore the connections made to Batman's origin feel like they don't really belong. *Joker* was another milestone for the comic book genre and will set a trend for future films to come.



EL CAMINO REVIEW

Naftali Zweig, 2To

Six years. That's how long fans of *Breaking Bad* had to wait for *El Camino*, the show's long-awaited follow-up and conclusion to Jesse Pinkman's story. The movie picks up directly after the events of the series finale. I just finished watching the show for the first time less than a year ago and thus the events that led up to this movie were fresh. While the movie does a decent job of quickly recapping these events, if you finished some time ago and are hazy on the details, I would recommend re-watching season 5 or at least the finale.

Despite being a direct sequel, *El Camino* has a different feel from the show. Rather than focusing on Walt's spiral into crime, it focuses on a frantic and damaged Jesse trying to escape his own spiral before it's too late. By jumping from the present to a series of never before seen flashbacks, he is given one of his most compelling and full arcs ever. Even his friends: Skinny Pete and Badger, who were completely replaceable during the show, get a chance to shine here. Without giving too much away, Jesse's conflict with the new antagonist is the perfect representation of him fighting against the forces that held him captive. Jesse was so helpless and filled with remorse last season that it's nice to see him fight for himself again, even if it's because he was backed against the wall.

However, there is still much that *Breaking Bad* fans will recognize. The pacing and direction is just as tight as the show if not better. Aaron Paul turns in another great performance and Jesse Plemons is amazing in his reprise of Todd. Through various callbacks and flashback scenes the movie is able to cash in on

your nostalgia and tug at your heart strings. This is most notable in the flashback with Walt, which perfectly reconstructs the feel of the show's early seasons, and provides the character with perhaps his saddest and most memorable line in the entire *Breaking Bad* verse.

Unfortunately, the movie does not quite reach the heights of the show. Part of this stems from the absence of Walt's arc (one of the most compelling arcs in TV history). In addition, the stakes in the final season felt so high that *Camino* comes off a bit inconsequential in the big picture. Lastly, the movie is predictable and its necessity is questionable: everything here goes the way you think it will for the most part and I wouldn't be surprised if you imagined this ending after the series finale.

In conclusion, *El Camino* is the first thing without Saul in its name to give *Breaking Bad* fans something to cheer about in six years. While not entirely necessary, its new storytelling focus, clever use of flashbacks, and Paul's performance help elevate it enough to provide a suitable and satisfying conclusion to one of the greatest shows in the last decade.

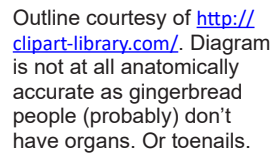
Netflix, 2 hours and 2 minutes

My Score – 8/10

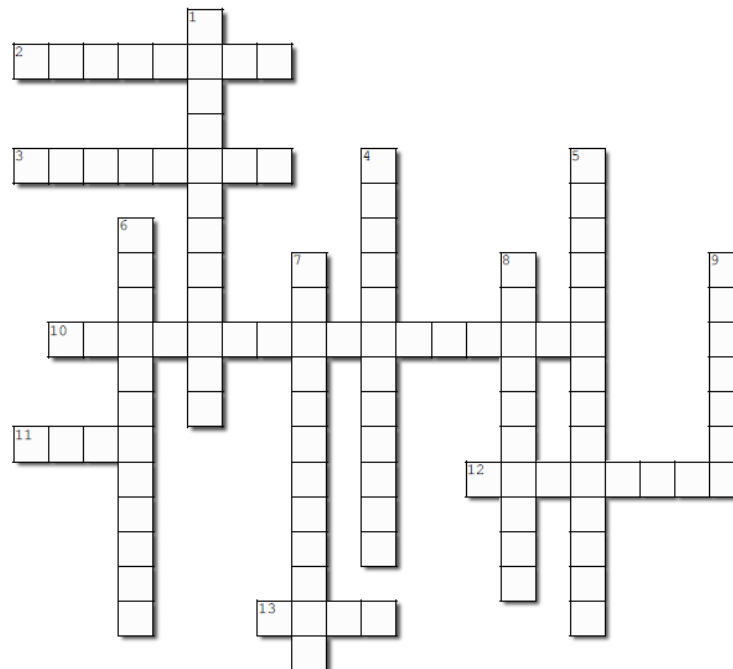


Oh no, you're trying to gather a BPMH (best possible medical history) for this poor gingerbread fellow, but he can only speak in bad rhymes! Each line is a clue associated with a (generic) drug. Can you figure out the 10 medications he's taking? The diagram may or may not be of help.

- [illegible]



Complete the crossword puzzle below



2. talk about your sunny disposition
3. can I use the same finger each time
10. it's real silent
11. another round on me
12. fluids
13. are you able to get dressed?

1. no ma'am you can't sprinkle that in your son's food
4. is it a red or a white strawberry
5. relax - you're so stiff
6. yeah there's some onychomycosis involved why
7. what a rush
8. VIPs only
9. knocked the wind right out of me

26



----- Annie Yao , 2T3 -----



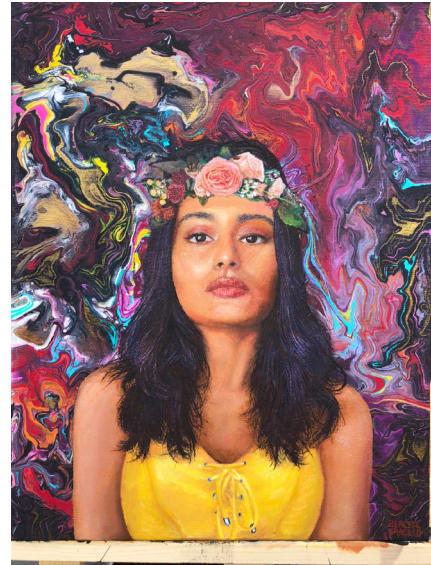
----- Peter Zhang, 2T1 -----



Khoa Dang, 2T3



----- Pooja Patel, 2T1 -----



Ben DMello, 2T2

Borar Som,
2T1



Ann Chang,
2T2



Donna Hoang,
2T3



Kevin Leung,
2T2

