Welcome back St. Pete ASPers! It has been an incredible honor to learn from our previous President, Joe Haley, and I look forward to helping move APhA-ASP forward! We have started this semester with some goal setting activities and I am sure our chapter members will look forward to seeing what we have planned for them this semester. We will be working much more closely with lots of pharmacists in our local community and we hope to provide our members with even more opportunities to practice your counseling skills, build leadership and advocacy skills as well as network with working pharmacists.

With our new team in place APhA-ASP is off to a fabulous start this semester. We have learned so much from the outgoing group of E-board members and Chairs and are now using their momentum to initiate even more exciting events and projects this semester. APhA-ASP recently partnered with SNPhA in our annual Fit Over 50 event where we interacted with well over 100 patients from our local community and we look forward to reaching out to many more!

In the words of Walt Disney “We keep moving forward, opening new doors, and doing new things, because we’re curious and curiosity keeps leading us down new paths.”

Editor’s Note
Spring has sprung St. Pete! Unfortunately the groundhog saw its shadow this Saturday so it seems like we may have an extended winter! This doesn’t mean that we can hibernate because our semester is off to a fast start.

Get ready for another activity filled semester. From national meetings, to screenings, and volunteer opportunities our organizations have a lot for us to enjoy outside of studying this spring.

I hope we all get to participate in some of the great events planned. I personally am looking forward to a weekend in Orlando participating in APhA’s Annual Meeting. Not too often is a premier event in pharmacy held in our very own sunny state of Florida.

St. Pete- aspire to discover and take pleasure in the wide variety of experiences that spring can bring.

–Jayme-Jo TenBieg
Student Council Vice President
Dear reader, in the spirit of a bright and fresh new year, SNPhA's new family of chairs have been diligently working to create exciting events in addition to bringing all the events you love from past semesters. Our team has already hit the ground running by reviving our Operation Immunization Library Screenings and by partnering with APhA-ASP to provide screenings and information to our local seniors in Fit Over 50! Our members could also be seen attending S.O.A.R., where we were afforded the opportunity to network with students from several campuses and to showcase our chapter's initiatives.

As we enter February, our members begin to prepare for the SNPhA Regions I & II Conference, which will be held in Richmond, Virginia from February 28th to March 2nd. The event is set to be hosted this year by Virginia Commonwealth University and will feature great opportunities to network, participate in shaping our organization, attend business & developmental sessions, and have tons of fun with other SNPhA members.

Looking further forward, we have some great events in the works. Our Remember The Ribbon chair members are putting together an HIV/AIDS awareness guest panel which will be held on campus and open to all students. This semester, Remember The Ribbon will also be hosting a food- and fun-filled social event at Hamburger Mary's, where our best and brightest will be put to the ultimate test - Drag Queen Bingo! Not missing a beat, Operation Diabetes has partnered with Walmart & Sam's Club for a two-day health fair in March and April. Last, but not least, SNPhA had such a great turnout at PhilFest 2013, we have decided on an encore appearance at this year's festival. We hope to see you there and at all of our wonderful events!

Diversity is a general theme found in everything we are striving towards in SNPhA. From our screenings, which look deeper into the community for those underserved, to our social events, which try to bring a lighthearted awareness of cultures and people to members, SNPhA embodies diversity. In the near future, we students will be tasked with providing care to our fellow Americans, a population so diverse it is lovingly referred to as the melting pot. This semester SNPhA is excited to be planning an informational dinner for pre-pharmacy high school and college students to highlight and encourage diversity in a pharmacy team. So from all of our officers, chairs, and members we wish you a year of diverse and exciting experiences!
FSHP-SC: WELCOME BACK
Rishita Patel
FSHP Secretary

A very warm welcome to you all! FSHP is glad to share with you the recap of its first general meeting and inform you about some important dates to mark on your calendars.

On behalf of FSHP, I would first like to congratulate the new board members and chairs of FSHP. We are all prepared to fill the year with fun and try to give you stress-free breaks from your studies.

At our first general meeting, we had a guest speaker from TGH- Dr. Christina Doligaski. She is a heart and VAD pharmacotherapy specialist, PGY2 solid organ transplant director and PGY1 research advisor. She is also a lecturer at several colleges of pharmacy and a peer reviewer for pharmacy journals. She talked about her different roles and typical day as a solid organ transplant specialist. She mentioned some of the coolest parts of her profession and some of the hardships that she faces on a daily basis. More details about her speech can be found in our January meeting minutes attached in the discussion board on Sakai.

Now, let’s move to the fun part. The annual abbreviations bowl will be held on campus this February 7th. It is not conflicting with any of the classes, so come out and take a breath before you are doomed under the February pressure. We are also going to have residency showcase on April 8th in the Conference Center. We expect a large turnout, as this will be very helpful for the 1’s and the 2’s. You can learn to ask the right questions before you meet actual directors of pharmacy. Also, we will be providing food and information folders! No, this is not all. We are planning many more events for the semester, the dates for which are yet to be decided. But we are sure you will enjoy them all.

Last but not the least, we urge you all to attend Legislative Days in Tallahassee (March 10th-11th). Remember guys, we do not have Healthcare provider Status and we need to fight for it! Come out there and advocate for your profession!
At Epsilon Sigma, we strive to make history every day. In order to achieve this purpose, our Brothers have been involved in several activities since the last edition of The Dose.

Recently, our family has more than doubled in size as we welcomed our very own Gamma class. During the preparation period, the newly formed Gamma class went through a process of self-reflection that enabled them to become initiated into the largest Pharmaceutical Fraternity of the nation. A celebration banquet was held at Vincenzo’s Grill in St. Petersburg, Florida where we had the opportunity to strengthen some of the bonds that bring us together as a family.

If you recall from the last edition, our Gamma Class undertook a project called Toys for Tots in an attempt to make the Christmas season a meaningful experience for less fortunate children by providing them with toys previously collected from our campus. We encouraged every student to participate, make a donation and most importantly a difference in a child’s life. We would like to follow up regarding the results of this successful drive. We collected a total of 128 toys between the 1, 2, 3PD classes, with our 1PD class collecting 42% of that total amount. As an appreciation, the donation was made in their name. This project also gave us the opportunity to reflect upon some of our most important Fraternity’s high ideals.

This upcoming February 21st, some of our Brothers will attend the KΨ Southeast Province Spring Conclave 2014 in Charleston, South Carolina. This is a unique opportunity to interact with students and pharmacists from Florida, South Carolina, and Georgia. Our next focus is to support the Cystic Fibrosis Foundation through our participation in the Great Strides 2014 Walk on April 12th. The fundraised money will become instrumental in changing the lives of many patients suffering from Cystic Fibrosis. The contribution will facilitate research and support care programs provided by this organization.

Overall, it has been a very productive time for the brothers of Epsilon Sigma, and we look forward to continue building upon the foundation that has been laid in the past two years. We would like to wish a successful rotations experience to our 3PD founding Brothers as they embark on a journey full of surprises, and learning opportunities.

Congratulations to the Brothers of Epsilon Sigma Chapter as we celebrate our second anniversary in St. Pete, February 25th!
Hello again pharmacy students, Mr. E. here! In this edition, I decided to share some personal experiences from my one and only “Mr. E.’s Super Pharmacy.” I have been running my own pharmacy for a while now and have seen some of the craziest things. Here we go:

Me, Mr. E: You want what refilled?
Patient: “Please refill my Ala ka Zam”
Me: “Do you mean alprazolam?”
Patient: “And I need my cold chicken refilled”
Me: “Colchicines...?”

I dispensed a topical cream with the directions: Apply locally two times a day. The patient responded by saying “I can’t apply locally; I’m going out of town.”

I counseled an elderly patient to make sure she does not take more than one pill every four hours. She responded by saying “Don’t worry dear; it takes me four hours to get the lid off.”

I went to a local AMA dinner and the guest speaker was a doctor. He quickly jots down notes for his speech. Unfortunately, when he stands up in front of everyone, he finds that he can’t read his notes. So he asks, “Is there a pharmacist in the house?”

A man walked into my pharmacy and asked me if he can give him something for the hiccups. I very quickly slap him. He asked me “What did you do that for?” I said “Well, you don’t have the hiccups anymore do you?” He then responded “No, but my wife out in the car still does!”

I went to a HIPPA CE presentation the other day and I asked a gentleman:
“Knock, Knock”
“Who’s there?”
“HIPPA”
“HIPPA Who?”
“I’m sorry, I can’t tell you that.”

A gentleman picking up his prescription came in and I checked him out. We had some small talk when he asked me “Are you an organ donor?” I responded “No, but I did give my piano to the Salvation Army once.”

That’s all the stories that I can recall for the time being. Until next time... Mr. E. OUT.
KAPPA EPSILON: PROMOTING POSITIVITY AND PHILANTHROPY!
Isabella Maafu
Kappa Epsilon Historian

Kappa Epsilon has ambitiously conquered the month of January, setting the tone for a productive and proactive 2014. The newly elected officers and dedicated members of KE are eager to accomplish a lot this spring semester. But before we move forward, we would like to take the chance to reflect on our closing of 2013.

At the end of November, the Alpha Omega Chapter of Kappa Epsilon hosted its annual Drink 4 Pink event in Downtown St. Pete. We would like to thank our classmates for an amazing turnout. KE was able to raise hundreds of dollars! All of these funds are donated to Susan G. Komen, allowing KE to fulfill its missions of breast cancer awareness and community service.

In a few weeks, Kappa Epsilon will hold its traditional 3PD farewell social, to celebrate KE members who will be entering rotations and embarking on the next phase of their pharmacy journey. It is our hope that these KE members show leadership in their new roles and never forget that they are members of our pharmaceutical fraternity for life.

The 1PD and 2PD KE brother-sisters who remain on campus hope to start planning events for this and next semester, as well as a possible social in the spring. We are also excited about PharmCORP presentations, which let us carry out our goal of educating school age students about our profession of pharmacy. We wish everyone positivity in 2014!

STUDENT COUNCIL: CELEBRATES LEADERSHIP
Ashley Nevado
Student Council Secretary

Congratulations St. Petersburg campus for hosting the 12th annual SOAR! A special thanks to our Student Council Presidents, Committee Chairs, Faculty, and Target for their honorable contributions that made this event possible. This year’s “Chart the Course” theme offered a fun way for our students to collaborate with students from other campuses, while learning essential leadership and team-building skills. In the name of fellowship, all four campuses in UF COP united together as one. We are looking forward to another successful SOAR in 2015, GO GATORS!

February is the time for love, and who doesn’t love something sweet? Candy grams are back this year. For only $2 you can brighten that special someone’s day or put a smile on a friend’s face. See Veronica to send a candy gram with your personalized message, and we will take care of the delivery. Hurry, the last day to purchase candy grams is February 7th. All money collected will go towards funding future events hosted by Student Council.

Looking forward, the date is set for our annual Spring Picnic! It will be held on Friday, April 4th to accommodate the schedules of all our students. This will be a great opportunity to welcome back our 4PDs from their rotations and spend a nice afternoon enjoying the Florida sunshine before finals. The location will be chosen by the Spring Picnic Chair, Maria Galarza.
We wish you all the best of luck and a wonderful 2014!
Rotation Spotlight: FDA Rotation

Mitchell Snyder
4PD Student

Many news cycles ago, there was one story that dominated every informative medium in America: the Government Shutdown. For 16 days, every news channel had an endless stream of experts, economists, actors, singers, and many others to come in and give their two cents (though no one ever asked for my opinion).

As luck would have it, my first day at my FDA rotation was the day the government shutdown became official. Tears were shed, champagne bottles were opened, and epic dance parties ensued all before lunch! Being the professional type, I did not partake in any such activities and tried to figure just what exactly this shutdown meant for me. As it turned out, it meant my rotation had essentially become whatever I wanted it to be.

The FDA rotation for pharmacy students is usually a rather structured endeavor. First, you are assigned to a specific department or group within the FDA. These folks will graciously show you the ropes and typically have a broad project for you to complete by the end of the rotation. Along with that project, several meetings and discussions are planned for all students to participate in. These meetings, while extremely informative and beneficial, take up about 50% of your whole rotation. This leaves little free time on your hands.

With the government shutdown, however, many of these meetings were put on hold. Truthfully, I was disappointed in missing out on getting to meet with certain departments within the FDA. On the bright side, the shutdown meant that I could look for new experiences that many students didn’t get the opportunity to take part in. Fortunately, I was able to meet with one of the pharmacists that work on approving controlled substance NDAs, specifically looking for abuse and dependence potential for drugs. This may sound boring, but I promise it was quite the opposite! Thinking critically of all the ways patients could potentially misuse or abuse these drugs was enlightening and often fun.

While the shutdown caused a lot of grief for many Americans and exacted irreparable damage to many politicians’ approval ratings, it turned out to be a small blessing for me. It just goes to show you that each rotation is a unique experience within itself, and you should always be ready to roll with the punches.
Word Scramble:
(hint: Valentine’s Day!)
EAOOCLTH
VEOL
WROLFES
NAMOCTIR
TCRES MIDRRAE
YNCAD MGAR

DATES TO REMEMBER

February
Last day to buy a Candy Gram- Feb 7th
3PD farewell lunch- Feb 14th

March
Spring break March 3-7th
Legislative Days March 10-11th
APhA-ASP Annual (Orlando) March 28-31st

April
Board of Pharmacy Meeting (Tampa)
April 1-2nd
Spring Picnic April 4th

Word Scramble Answers
Chocolate, Love, Flowers, Romantic, Secret Admirer, Candy Gram

Newsletter Staff

JAYME JO TENBIEG
(2PD) Editor and
VP of Student Council